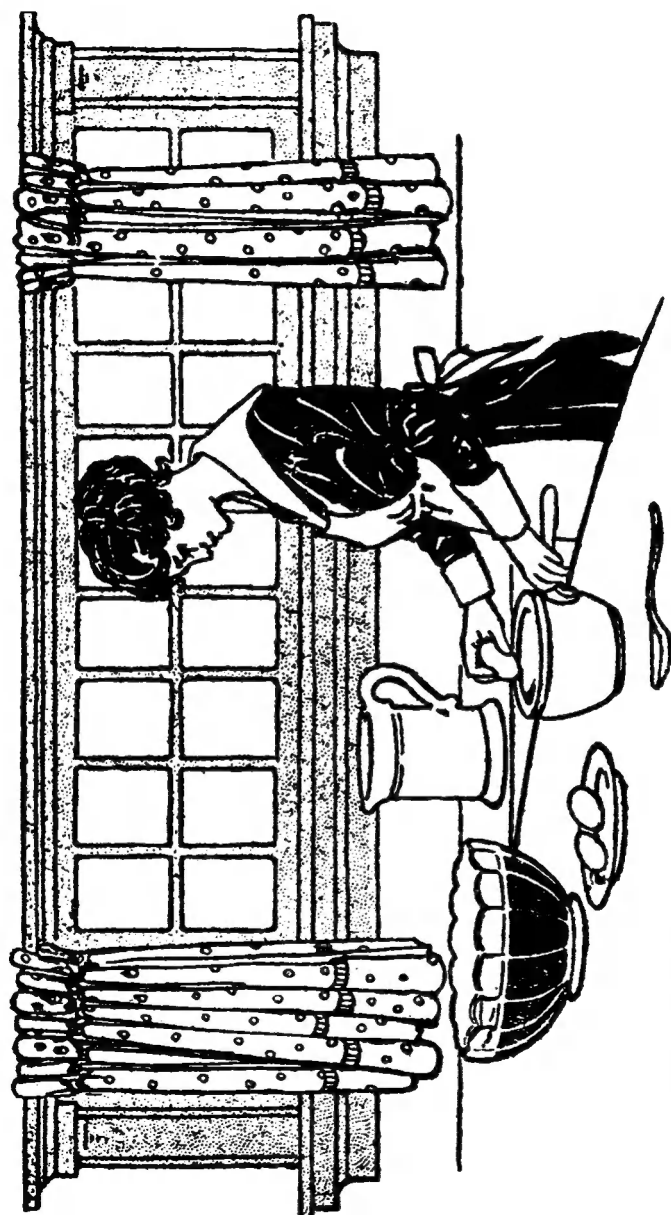

GOOD FOOD

How to Prepare It



LAURA L. ULRICH



"THE FOUNDATION OF A HAPPY HOME IS LAID IN THE KITCHEN."

GOOD FOOD

How to Prepare It



LAURA L. ULRICH

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*This book is dedicated to the
Kitchen Physicians (cooks)
in our various Cafes, and to
all Cooks everywhere who by
their earnest efforts are en-
deavouring to teach a better
and simpler way of living. ☸*





PUBLISHERS' PREFACE

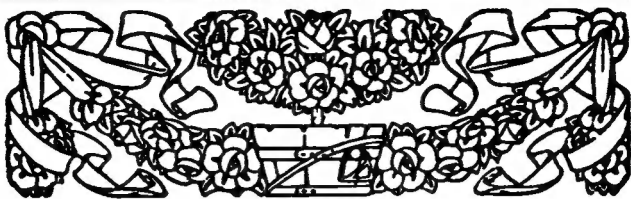
MODERN educators are coming more and more to see the importance of providing for the education of girls and young women in those highly practical and indeed indispensable arts which, in the great majority of cases, they will later have to employ as wives and mothers. Ranking high among these arts is cooking. The young lady who has never learned to cook is obviously handicapped when she enters upon the great career of matrimony. Fortunately, however, the handicap is one that may be got over by willingness to learn and a little study and practice; and all these requisites will assuredly always be found in the true wife and mother who realises her lack.

The author of this little work is a cook of long experience, whose skill has given pleasure to thousands upon thousands of people in the great Australian cities, and from whom many grateful women have gladly taken lessons in the culinary art. The booklet specialises in the cooking of vegetables and of all those savoury meat-substitutes that go to make a skilfully prepared vegetarian meal a delight to the palate, and a wonder to multitudes when introduced to it. It is in the healthful and appetising cooking of vegetables that the average housewife or cook is so liable to fail. She may be able to manage the meat dishes, but her cooking of the potatoes or the cauliflower or cabbage or beetroots or marrow or green French beans may leave very much to be desired, both from the viewpoint of nutrition and of flavour. When it is remembered that vegetables are one of the indispensables if the health of the family is to be maintained, the great importance of this phase of the question will be readily discerned.

Then, again, the world over, the number of vegetarians is increasing. The vegetable kingdom contains in abundance all the elements needed for the nourishment and growth of the body and the keeping of it in health and strength, and when one learns to tap the amazingly rich resources of the vegetable kingdom, the possibilities are wonderful. Some eschew meat because the more delicate flavours of a vegetarian meal are more to their taste; others, because a vegetarian meal is the more natural, scientific, and health-giving; others, because their finer feelings are outraged by the suffering to animals that the slaughter trades involve; others, because flesh foods are comparatively expensive foods, and motives of economy force them to a form of dietary that, while containing as much or more nourishment, is relatively cheaper in cost and moreover more healthful, thus reducing the loss caused through sickness and ill-health. The benefits, in fact, that many people have derived from the intelligent adoption of a vegetarian dietary are remarkable. To the vegetarian and those who would like to learn to cook some appetising vegetarian dishes, and to that great multitude of housewives and cooks who would like to cook vegetables, pleasing desserts, and other meatless dishes well, this booklet should certainly prove of real help and value.

Practical instruction will also be found in the booklet concerning food and food values, and good and bad combinations of food, a lack of which knowledge lies at the basis of a tremendous amount of sickness and suffering in the world today. In sending out this little work on its mission of light and blessing, our hope is that the wife and mother will find it of much practical help in the kitchen, not only in providing for a pleasing variety in meals, but for healthful meals that delight the eye, the scent, and the palate, thus making for the better nutrition and health of herself and those for whom she is caring.

THE PUBLISHERS.



FOREWORD

FROM the many ladies who have attended the cooking classes that I have conducted from time to time, patrons of our Sanitarium Health Food Cafés, and from many friends everywhere, have come requests that I write a cookery book that would teach them how to prepare the dishes "just as they are made in the café." This little book comes as an answer to those requests, and it is sent forth so that the public generally may have the opportunity of becoming acquainted with a more healthful diet and that its advantages may be available to every home.

Vegetarian Health Food Cookery is not a fad or a new thing. It has long passed the experimental stage, and is based upon the research of the world's greatest scientists and physicians who have made a special study of nutrition.

Good cooking does not consist in the preparation of highly seasoned foods to pamper perverted appetites, but in preparing natural foods in a palatable and wholesome manner and in simple variety.

The use of fresh, luscious fruits, grains, and nuts—healthful products of nature—will furnish to the body all the elements needed to build up good bone, nerve, and muscle, will keep the blood pure, and will do away with the unnatural craving for stimulants.

The Bible has long ago recognised what scientists are only just waking up to—that some foods produce strength, and others drunkenness. Eccl. 10: 17. In this age of economy we should eat for strength; and the public should be impressed with the fact that it is false economy to deprive themselves of fruit and vegetables, and yet daily use tea, coffee, condiments, and other unhealthful things that contain no nourishment. We may prove by our cooking that we can live more cheaply by

utilising all the foods at our command from the vegetable kingdom—that a vegetarian diet is more economical than a diet of flesh meats.

The dread of having to live on a diet of cabbage and boiled beans keeps many from parting with their steak and chop; but when such venture into some of our Sanitarium Health Food Cafés and a tasty nut cutlet (or other of our excellent dishes) with daintily cooked vegetables is set before them, it is a revelation to them of the mysteries of vegetarian cooking. Not only do they find that a vegetarian diet is not lacking in delicious and delicate flavours, but it requires but little effort on their part to make a complete surrender of the old-time flesh cookery, with its grease, smoke, and unsavoury odours—to subdue perverted appetites, and to enjoy the food the Creator originally provided for man at Creation.

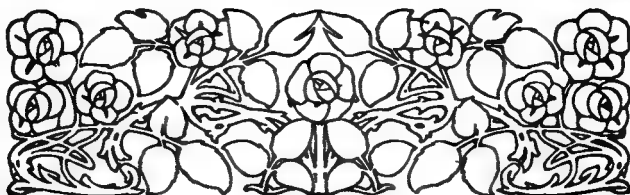
Those who understand the laws of health will choose their diet not for gratification of appetite, but for the upbuilding of the body.

That this little book may prove a real help to all such is my wish.

LAURA L. ULRICH.

“Domum,”

Marshall Avenue,
Warrawee, N.S.W.



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Cooking and Its Objects

COOKING is the application of heat to foods, to render them more digestible and better fitted to nourish the system. There are comparatively few foods that are at their best when ~~in~~ in their raw state. They neither taste so good nor are so easily digested as when subjected to some kind of cooking.

The nutritive value of many foods depends upon how they are cooked. Many articles that, owing to their ~~chemi~~ chemical condition or other cause, are unfit for nourishment when raw, are very nutritious when cooked. The direct application of heat changes the taste, odour, and digestibility of nearly all foods, and changes the food elements (with the exception of fats) in much the ~~same~~ way as do the digestive juices. Many inexpensive articles and "left overs," if carefully prepared and attractively served, are just as appetising as the more expensive foods, and are usually quite ~~as~~ nutritious.

There are three chief objects sought in cooking. The *first* is to change the mechanical condition of food ~~so~~ as to make it ~~more~~ digestible. The *second* is to develop its flavours, thus conserving its nourishment and making it more palatable and inviting. The *third* is to kill, by heat, any disease germs, parasites, or other dangerous organisms it may contain.—*"The Science of Food and Cookery,"* by H. S. Anderson, page 61.



“Perfect Health”

TO have perfect health we must have: (1) Perfect circulation. (2) Food properly cooked, properly eaten, and eaten at the proper time. (3) Perfect elimination.

There were no wrong combinations in the Original Diet. Gen. 1: 29-31; also Eccl. 7: 29. In the following some information is given concerning food combinations. Bad combinations should be avoided, as they injure the digestion and the health:—

FOOD COMBINATIONS

1. Cold water and other cold drinks should be used sparingly, if at all, with full meals.

2. Too many soft foods that require no mastication should not be used except in sickness.

3. Milk and sugar in large amounts at the same meal are a bad combination.

Milk and sugar very readily ferment in the stomach and intestines. When using quantities of milk, use sugar sparingly. When using quantities of sugar, use little or no milk. Wheat honey may often be used instead of sugar as it does not readily ferment with milk.

4. Milk, sugar, and eggs make a still worse combination, as the disturbance caused by the fermentation of milk and sugar prevents the digestion of the proteid in the egg, which decomposes and poisons the system.

5. Only one of the principal foods at a meal should be a rich proteid food. Foods rich in proteids are: legumes, such as

dried peas, beans, and lentils; nuts and nut foods; eggs, cheese, and flesh foods.

Only one of these foods should therefore be used at the same meal if used as one of the principal dishes of that meal.

6. Acid fruits and large quantities of milk are a bad combination.

When milk is used at the same meal with acid fruits, it should be partaken of slowly, thus allowing the saliva to mix with each spoonful; otherwise it will form a large solid curd in the stomach. We should remember that milk curdles anyway as soon as the rennin acts upon it.

7. Any fruits with coarse vegetables form a bad combination.

Acid fruits and vegetables, fruits and coarse vegetables form a very bad combination and often give rise to serious symptoms. The acid fruits and coarse vegetables are as follows:—

ACID FRUITS

Gooseberries
Plums
Cranberries
Apricots
Loganberries
Pineapple
Blackberries
Oranges
Grape Fruit
Lemons
Sour Apples
Peaches
Currants
Prunes

COARSE VEGETABLES

Cabbage
Turnips
Beets
Parsnips
Carrots
Swede Turnips
Cauliflower
Spinach and other greens
Onions
Salsify
Celery
Radishes

Never use acid fruits and coarse vegetables at the same meal.

The non-acid fruits may be used at the same meal with the finer vegetables, although the very best combination would demand that no fruits be used at the same meal with vegetables.

NON-ACID OR MILD-ACID FRUITS

Dates
Figs
Bananas
Pears

FINE VEGETABLES

Sweet and Irish
Potatoes
Asparagus
Lettuce

NON-ACID OR SUB-ACID FRUITS

Sweet Apples
Sweet Grapes
Prunes
Raisins

FINE VEGETABLES

Cucumbers
Brussels Sprouts
Okra
Peas
Tomatoes
Corn
Squash

The foregoing are the least harmful when used in the same meal.

Those foods which can be freely used with both fruits or vegetables by the average person are as follows:—

Olives	Tapioca
Musk Melon	Watermelon
Cassabas	Cantaloupe
Pumpkin	Squash
Corn (green or ripe)	Egg Plant
Tomatoes (best with fruits)	Beans (green or ripe) not pods
Any of the grains	Nuts
Noodles	Macaroni, Spaghetti, etc.
Mushrooms	Eggs
Hominy	Meats
Sago	

Cottage Cheese

On account of its large amount of acid, rhubarb is best used with fruits if used at all. Cucumbers are best used with vegetables.

NUMBER OF CALORIES PER OUNCE OF VARIOUS FOOD STUFFS

Calculated from "American Food Materials," Bulletin No. 28.

	Protein	Fat	Carbo- hydrates	Total Calories
Almonds	26.0	152.8	21.4	200.2
Artichokes	3.0	.5	19.5	23.0
Asparagus	2.1	.5	3.9	6.5
Barley, pearl	11.1	2.9	90.8	103.6
Beans, dried	26.3	4.8	69.5	106.6
Beans, butter (green)	11.0	1.6	34.0	46.6
Beans, soya	22.4	48.3	33.5	120.0

	Protein	Fat	Carbo- hydrates	Total Calories
Buckwheat	7.5	3.2	90.0	100.7
Cabbage	1.9	.8	6.5	9.2
Carrots	1.3	1.1	10.9	13.3
Cauliflower	2.1	1.3	5.5	8.9
Cocoa	25.2	77.1	44.0	146.3
Corn, green	3.6	2.9	23.0	29.5
Corn Meal	10.7	5.1	87.9	103.7
Corn Starch	0.0	0.0	105.0	105.0
Cranberries6	1.6	11.5	13.7
Egg Plant	1.4	.8	6.0	8.2
Farina	13.0	3.7	89.0	105.7
Flour, gluten 40%	46.4	2.7	51.0	100.3
Flour, entire wheat	16.1	5.1	83.8	105.0
Flour, fine white	9.2	3.7	89.1	102.0
Gooseberries5	0.0	10.4	10.9
Gluten Meal, 20%	18.4	1.7	83.6	103.7
Hominy	9.7	1.6	92.2	105.5
Kohl-rabi	2.3	.3	6.4	9.0
Lemons	1.2	1.9	10.1	13.9
Lemon Juice	0.0	0.0	11.4	11.4
Lentils	30.0	2.7	69.1	101.8
Macaroni	3.5	4.0	18.4	25.9
Mushrooms	4.1	1.1	7.9	13.1
Rolled Oats	19.5	19.2	78.8	116.2
Onions	1.9	.8	11.6	14.3
Parsnips	1.9	1.3	15.8	19.0
Peanuts	22.8	77.6	21.6	122.0
Peas, dried	28.7	2.7	72.3	100.7
Peas, green	8.2	1.3	19.7	29.2
Potatoes	2.6	.3	21.5	24.4
Pumpkins	1.2	.3	6.1	7.6
Prunes	2.5	0.0	85.8	88.0
Raisins	3.0	8.8	88.8	100.6
Raisins, cooked	2.0	5.8	57.6	65.4
Rice	9.0	.8	92.0	101.8
Spinach	2.5	.8	3.7	7.0
Squash	1.6	1.3	10.5	13.4
Sweet Potatoes	2.1	1.9	32.0	36.0
Turnips	1.5	.5	9.5	11.5
Vegetable Oysters	1.0	5.3	4.1	10.4
Wheat	13.0	4.5	88.1	105.6

SPECIAL DIETS
Laxative Diet

Buttermilk	Asparagus
Fresh Fruits	Spinach
Prunes	Cauliflower
Stewed Raisins	Tomatoes
Carrots	Olive Oil
Sweet Potatoes	Ripe Olives
Beet Greens	Malt Honey
Nuts	Malted Milk
Irish Potatoes	Figs

Anti-Laxative Diet

Rice	Corn Starch
Rice Gruel	White Bread
Rice Pudding	Most Gruels

Dry Toast
Diabetic Diet

The patient should consult a physician. Following is a suggestive list used in different cases:—

Tomatoes	Cucumbers
Lettuce	Spinach
Radishes	Cauliflower
Celery	Turnips
Cabbage	Nuts (but not chest-nuts)
Greens	Baked Apple (without sugar)
40% Gluten Meal	Grape Fruit
Lemons	Blueberries
Eggs	Buttermilk
Cheese	
Gluten Bread	

Butter
TOTAL CALORIES PER EACH OUNCE OF FOLLOWING
Liquid Diet

	Protein	Fat	Carbo-hydrates	Total Calories
Whole Milk	4	10	6	20.0
Cream	3	50	5	58.0
Buttermilk	7	ounces are		100.0
Yogurt	4	1	6	10.0
Junket	4	1	4	11.0

	Protein	Fat	Carbo- hydrates	Total Calories
Cocoa	3	20	6	29.0
Ice-cream	3	20	22	45.0
Egg-nog, fruit	9	11	25	50.0
Barley Water	1	0	■	1.0
Malted Milk	2.5	3	10	15.5
Malted Nuts	5	12	0	26.0
Albumin Water	3	1	0	4.0
Grape Juice	0	0	■	24.0
Orange Juice	1	1	14	16.0
Protose Broth	3	1	0	4.0
Peptonised Milk	2	4	3	9.0
Raw Egg	23	40	0	63.0
Cereal Coffee	1	0	2	3.0
Tomato Bouillon	1	0	3	4.0
Milk Egg-nog	6	15	9	30.0
Vegetable Broth	3	1	■	4.0

Soft Diet

	Ounces	Protein	Fat	Carbo- hydrates	Total Calories
1 Egg, soft boiled, or poached	1½	23	40	0	63.0
Cup Custards	3½	17	45	■	113.0
Butter	½	1	108	0	109.0
Olive Oil, one-third ounce ...	0	0	85	0	77.0
Baked Apple	1	2	5	114	121.0
Cream Wheat	1	6	1	42	49.0
Gluten Gruel	5½	15	1	66	18.0
Boiled Rice	1	13	1	113	127.0
Cream Tapioca Pudding	2½	10	29	52	91.0
Cream Rice Pudding	3½	18	44	95	157.0
Blancmange	3½	13	41	87	141.0
Cream Toast	5	25	53	83	161.0
Barley Soup	1½	6	28	49	83.0
Cottage Cheese	2	38	22	10	70.0
Prune Fluff	3	7	24	106	137.0
Sherbet, peach	1½	5	2	119	126.0
Granose Flakes	1	10	1	62	73.0
Cream	1	6	100	10	116.0
Corn-meal Gruel	1½	2	4	24	30.0
Orange	5	4	3	66	73.0
Oatmeal Gruel	5	4	3	19	27.0
Tomato Soup	4½	6	22	39	57.0
Cream Potato Soup	1½	10	36	54	100.0

WEIGHTS AND MEASURES

Under this heading it might be well to refer to the subject of correct measuring and weighing the different materials we use. It is our neglect to do this that causes the different things we make to become a complete failure, or at least to turn out not like we wanted. A chemist would not think of dealing with the many chemicals he has in his laboratory without using exact measurements; but cooks though dealing with just as many difficult combinations and complex substances, often just put a handful of this, and a rounding cup of that, or a pinch of something else, and expect a first-class dish when it is completed.

In measuring solid fats as butter, etc., pack them solidly in the cup, and level the same as dry materials.

Recipes often vary according to the variation of the different materials. Recipes where flour is one of the important factors might vary a great deal, and can be used only as a guide, as different grades of flour require varying amounts of liquid. The same is true of eggs owing to the different sizes of eggs. Materials that pack should be sifted before using.

TABLE OF WEIGHTS AND MEASURES

3 teaspoons	equal 1 tablespoon
16 tablespoons	" 1 pint
2 breakfast cups	" 1 pint
1 tablespoon butter	" $\frac{1}{2}$ stick
1 " liquid	" $\frac{1}{2}$ "
1 " flour	" $\frac{1}{2}$ "
1 " sugar	" $\frac{1}{2}$ "
1 " cornstarch	" $\frac{1}{2}$ "
1 cup flour	" 4 ounces
1 " butter	" 8 "
1 " sugar	" 8 "
1 " cornstarch	" 6 "
1 " cornmeal	" 5 "
1 " cocoanut	" 4 "
1 " currants	" 6 "
1 " seeded dates	" 6 "
1 egg	" $1\frac{1}{2}$ "
1 " yolk	" $\frac{1}{2}$ "
1 cup treacle	" 10 "
1 " chopped nuts	" 4 "
1 " rolled oats	" 1 "

In combining ingredients, three different movements are used, described as follows:—

1. Stirring, a circular motion made with a spoon through the ingredients and continued until all are blended.

2. Beating, a turning of ingredients over and over rapidly by use of a spoon or an egg-whip, to enclose air by continually bringing the under part to the surface. The implement used should be brought constantly in contact with the bottom of the dish, and up through the whole mixture.

3. Folding, a turning over and over in the ingredients; this is best accomplished by a vertical motion downward of the spoon or the egg-whip, bringing such implement up through the mixture, and each time allowing it to come in contact with the bottom of the dish, repeating until the materials are thoroughly blended. This is a slower motion than that of beating, and its object is so to mix ingredients that the air already introduced will not escape.

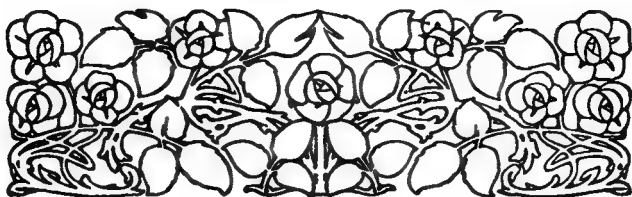


A Sacred Duty

IT is a sacred duty for those who cook to learn how to prepare healthful food. Many souls are lost as the result of poor cookery. It takes thought and care to make good bread; but there is more religion in a loaf of good bread than many think. There are few really good cooks. Young women think that it is menial to cook and do other kinds of housework; and, for this reason, many girls who marry and have the care of families have little idea of the duties devolving upon a wife and mother.

Cooking is no mean science, and it is one of the most essential in practical life. It is a science that all women should learn, and it should be taught in a way to benefit the poorer classes. To make food appetising and at the same time simple and nourishing, requires skill; but it can be done. Cooks should know how to prepare simple food in a simple and healthful manner, and so that it will be found more palatable, as well as more wholesome, because of its simplicity.

Every woman who is at the head of a family and yet does not understand the art of healthful cookery should determine to learn that which is so essential to the well-being of her household. In many places hygienic cooking-schools afford opportunity for instruction in this line. She who has not the help of such facilities should put herself under the instruction of some good cook, and persevere in her efforts for improvement until she is mistress of the culinary art.—*"The Ministry of Healing,"* by Ellen G. White, pages 302, 303.



SOUPS

"There is a steadily growing demand by thinking women for a greater insight into the so-called mysteries of the kitchen."

PREPARATION OF LEGUMES

If all legumes are soaked overnight, much time and fuel will be saved in their cooking. Measure the quantity of legumes needed and pick them over, carefully removing any inferior seeds, also little pebbles and grit that are frequently found in them (especially in lentils). Wash very thoroughly in several waters, rubbing well with the hands in the water. Then drain them, put them into a dish, cover with cold water, and leave overnight. In the morning put them on to boil well covered with water. Just keep the water simmering until the legumes are quite tender, removing any scum that rises. When cooked they will easily mash. Rub them through a sieve to remove husks. Afterwards strain through a fine sieve or gravy strainer.

It is well to have two sieves, a coarse and a fine one. The coarse sieve is used to break up the legumes and remove the husks. Then if the soup is run through a fine strainer, it will break up any small lumps; remove the last particle of husks, and the soup will be perfectly smooth.

FLAVOURING

Onion or other flavouring should not be added to the soup in the early stages of cooking, unless especially indicated. Wait until the soup is almost cooked, and then add the flavouring herbs, just giving time enough to cook or extract the flavour, and in this way the flavour will be preserved; otherwise it would be lost by evaporation.

SALT

Add the salt to the soup last of all. It is especially necessary to remember this in making milk soups, as they are apt to curdle if salt is added too soon.

WATER

The water the beans are soaked in should be strained off, and the beans put to cook in fresh water. Many cooks, however, prefer to boil the Canadian wonder and other bright-coloured beans in the same water, as much of the colour is lost if the water is poured away. Should the beans have any little bitterness it is well to bring them to the boil, then pour off the water, and add fresh water to cook. This will not be necessary if the beans selected are fresh. Lima and haricot and other beans of this variety should be white and glossy; they will then be sweet, and cook "soft as butter."

CROUTONS

It is well to serve croutons with soup. To make them, cut bread into little dice, put into a baking-dish, place in a brisk oven till crisp and nicely browned.

CREAM OF GREEN PEAS

2 cups green boiling peas (marrowfats are the best), 1 cup milk, 1 tablespoon flour, and salt.

Put the soaked peas on to cook well covered with water. While they are cooking add to them a little fresh mint. When cooked, strain as directed in the remarks on "Preparation of Legumes" (page 20). Put the milk on to boil in a saucepan, mix the flour smooth with a little cold water, and stir into the hot milk and boil up. Stir this sauce gradually into the soup, mix well, boil up, add salt and serve.

LENTIL SOUP

A variety of delicious soups can be made from lentils, especially if the brown lentils can be obtained. These will need soaking and straining the same as other legumes; but if the Egyptian or split lentils are used, there is no need to soak them, as they cook very quickly.

PLAIN LENTIL SOUP

Cook lentils until about half done, then add 1 onion to flavour, or a stick of celery. When cooked rub through the strainer, reheat, and salt to taste.

LENTIL AND TOMATO SOUP

To 3 cups of lentil soup add 1 cup of tomato purée.

LENTIL AND RICE

Add to lentil soup 1 cup of boiled rice.

LENTIL AND BARLEY

Cook 1 cup of pearl barley slowly till tender, and add to 1 quart of lentil soup.

BEAN SOUPS—HARICOT BEAN SOUP, ETC.

2 large cups (1 pound) haricot beans, 2 quarts water, 1 onion, and salt.

Simmer gently until quite tender and smashed up, then rub through the sieve.

The many varieties of beans (Lima, Canadian wonder, butter, bayo, etc.) are all made into soups according to this recipe, though they may have many different flavourings. We give below some of the combinations best liked in our cafés:—

LIMA BEANS AND SWEET CORN

Into 1 quart of Lima bean soup, stir 1 tin of sweet corn.

LIMA BEAN AND TAPIOCA

For this soup use pearl tapioca. Soak 1 cup tapioca overnight; boil in water next morning until quite clear. Add this amount to 1 quart of Lima bean soup.

CANADIAN BEAN AND TOMATO

Make soup as directed for haricot bean soup, add to 1 quart of Canadian bean soup 2 cups of tomato purée. Salt to taste.

BAYO BEAN AND CELERY

2 onions, 1 tablespoon copha, 1 small head celery, 1 pound bayo beans, 2 quarts water, and salt.

Soak the beans overnight, and in the morning put them to cook in 3 quarts of water; do not let them boil rapidly as only the stock is needed for this soup. When quite mashed up, pour off all the liquid (the beans can be reserved for an entrée). Cut the onions into thin rings, and fry brown in the copha. Scrub the celery with a brush, cut up all rough outside pieces and add them with the onions to the soup, and let all simmer gently till the celery is cooked; then strain. Cut up all the white

parts of the celery into tiny pieces, put in a saucepan, with a little boiling water and cook till tender; add to the soup, and salt to taste. This soup should be of a rich brown colour. A tablespoon of vegex and 1 teaspoon of marmite improves it very much.

BEAN AND VEGETABLE BOUILLON

1 pound Canadian wonder beans, 1 pound pearl barley, 2 onions, 2 carrots, a few sticks of celery, and 2 spoonfuls copha.

Soak the barley and the beans overnight, and simmer together until quite soft. Fry the sliced onion and carrot in the copha until a rich brown, but do not burn. Add these to the beans and barley when about half cooked, also add the celery cut up into pieces. Simmer till all is well cooked, rub through the sieves, boil up again, and salt to taste.

SPANISH SOUP

1 quart Canadian bean or brown lentil soup, 1 cup tomato purée, juice of 1 large lemon, 1 pound nut meat, 2 hard-boiled eggs, 6 ripe olives.

Cut the eggs, olives, and nut meat into tiny dice, and add to the boiling soup with the purée and lemon juice; salt.

SPLIT PEA SOUP

1 pound split peas, 2 quarts water, mint, and salt.

Split peas do not need soaking overnight. After being well washed the peas should be put on to cook in the water. When they are ready mash them through a sieve. No flavouring is needed except a little fresh mint and salt. A tablespoon of butter may be added if desired.

VEGETABLE PEA SOUP

Chop celery, carrots, parsnips, onion, and white turnips up small, and cook in a little water until tender. Then add to pea soup made as above. Chop some parsley up very finely, and add just before serving.

TOMATO AND PEA SOUP

Add 1 pint of tomato purée to 1 quart of split pea soup.

GREEN PEA AND RICE SOUP

To 1 quart of green pea soup add 1 cup of cooked rice.

SCOTCH BROTH

Soak $\frac{1}{2}$ cup of pearl barley overnight in 5 cups water, and cook till tender. Chop up about 1 quart of mixed vegetables (the greater the variety, the nicer the soup will be) into dice or put them through a vegetable mill. Cook in sufficient water to cover the vegetables, add the barley and 1 cup tomato purée, and season with salt and chopped parsley.

TOMATO BISQUE

2 cups tomato purée, $2\frac{1}{2}$ cups water, 1 teaspoon sugar, 1 tablespoon nut paste, and salt.

Put the purée and the $2\frac{1}{2}$ cups water together into a saucepan, add the sugar, and let it come to the boil. Melt nut butter with the rest of the water to a smooth cream, add to the soup, salt to taste, boil up once more, and serve. This soup can be made in a few minutes.

TOMATO CREAM

2 cups milk, 1 cup tomato purée, 1 cup water, 2 tablespoons flour, and salt.

Boil up the milk and water together and thicken with the flour rubbed smooth in a little cold milk. Have the tomato purée heated, and stir it gradually into the milk sauce; salt to taste. Do not boil again or it will curdle. Serve very hot.

CLEAR TOMATO

Slice up a dozen large ripe tomatoes, simmer till tender and put through a fine sieve. Mince an onion and fry it in cooking oil till just a golden colour, and add to the soup. Salt to taste, and add 1 teaspoon sugar. If purée is used instead of ripe tomatoes, use two cups purée to 2 cups water.

TOMATO AND VERMICELLI

To one quart clear tomato soup add 1 cup cooked vermicelli. Macaroni, rice, or other grains may be used to vary this soup. Cook before adding; use in same proportions.

ITALIAN TOMATO

Add Italian pastes to clear tomato soup; boil a few minutes to cook the pastes.

VEGETABLE SOUP, NO. 1

1 carrot, 1 turnip, 1 bunch leeks or green onions, a small piece of pumpkin, 1 stick celery, 4 tomatoes, 2 tablespoons cophā,

1½ tablespoons flour, 1 bay leaf, and 2 quarts water or vegetable stock of any kind.

Put the cophia in a saucepan, add all the vegetables cut into little cubes, cover with lid, and let cook for 1 hour; then stir in the flour, mixing it well. Add the broth or water, and simmer slowly till vegetables are cooked; remove the bay leaf, and add salt to taste.

VEGETABLE SOUP, NO. 2

1 beetroots, 3 potatoes, 3 carrots, 1 onion, 1 spoonful butter, salt, 5 cups water, and 2 cups purée.

Cook the beetroots, potatoes, and carrots without peeling; then peel them and cut into dice; put into a saucepan with 1½ butter, water, and purée, cover, and simmer gently 1 hour. Then grate the onion into the soup, and cook 15 minutes longer. The soup should be a pretty orange-red colour.

VEGETABLE SOUP, NO. 3

3 potatoes, 1 large carrot, 1 parsnip, 1 large onion, 1 piece celery, 1 white turnip, and 1 tablespoon nut paste.

Cut the vegetables up small and put on to cook in about 2 quarts water. When cooked add the nut paste rubbed to a smooth cream with a little of the vegetable water. Salt to taste; lastly add a little finely chopped parsley.

CELERY AND TOMATO SOUP

Mince 1 small head of celery up fine, cook in sufficient water till tender, then add to clear tomato soup.

CONSOMME JULIENNE

Mixed vegetables, tomato purée, salt, and water.

For this soup use all kinds of vegetables in season; the greater the variety, the nicer the soup will look. Cut the vegetables into thin strips, as thin as it is possible to cut them, and leave the strips rather long. Put all into a saucepan, cover with water, and just simmer till tender, but not broken up. Add just enough tomato purée to flavour nicely and to colour; add salt.

MARMITE CONSOMME

This is made by adding marmite or vegex to julienne soup, but the salt must be omitted. If marmite is used, it should first be dissolved in water.

VEGETABLE BOUILLON

2 potatoes, 1 carrot, 1 onion, 1 white turnip, 1 stick celery, 1 parsnip, 1 cup tomato purée, 2 ounces butter, and 2 tablespoons flour.

Cut the vegetables up roughly, and put on to cook in 2 quarts of water. When cooked, rub them through a sieve, add the purée, and boil up; rub the butter with the flour and stir it in; salt to taste. Boil a few minutes, add a little finely chopped parsley, and serve.

POTATO SOUP

1 quart potatoes, 2 onions, a sprig of parsley, thyme, and mint, 1 tablespoon cream or butter, 1 cup milk, 1 tablespoon flour, salt, and 2½ quarts water.

Boil the potatoes in the water till mashed up, then rub through the strainer and return to the saucepan. Grate the onions into the soup, tie up the herbs and add them, also the cream and flour rubbed together. Boil a few minutes to extract the flavour, then remove the herbs and serve.

Cream Soups

CREAM OF RICE

1 pound rice, 3 pints milk, 1 cup cream or 2 ounces butter, and salt.

Put the rice on to boil in water, add the milk, and cook until very tender. Rub through a sieve, stir well, and reheat without boiling. Add the cream or butter, and salt to taste.

CREAM OF SWEET CORN

1 quart milk, 1 tin sweet corn, and 1 tablespoon flour.

Let the milk come to the boil, mix the flour with a little cold water and stir into the hot milk. Boil till thickened, rub the sweet corn through a sieve and add to the soup. Salt to taste, and serve.

CREAM OF ASPARAGUS

Make soup as directed for cream of corn soup, but use a tin of asparagus instead of the corn. Rub all the stalk parts of the asparagus through a sieve and add to the soup, reserving the points, which should be added whole.

CREAM OF CELERY

1 quart milk, 3 tablespoons flour, 1 head celery, and salt.

Cut up all the outside pieces of celery, and boil in a little water. Rub through a sieve and add pulp to the milk. Thicken soup with the flour rubbed smooth in a little cold water. Have all the delicate white pieces of celery minced finely, and cooked in a little water; add to the soup, and salt to taste. A spoonful of whipped cream may be served on each serving of the soup.

CREAM OF PEARL BARLEY

1 cup barley, 1 quart milk, 1 spoonful butter, and salt.

Soak the barley overnight, and put on to cook in just sufficient water to cover, and in double boiler, and cook till partly done. Then add the milk, and finish cooking. When very soft, rub all through a sieve. Then carefully strain through a fine strainer till perfectly smooth. Add butter, salt, and serve.

CREAM OF OATMEAL

$\frac{1}{2}$ cup oatmeal, 1 quart water, 3 tablespoons copha, 3 large onions, and 1 pint milk.

Slice the onions in thin rings and fry a golden brown, being careful not to scorch them. Stir the oatmeal into the boiling water, and cook for $\frac{1}{2}$ hour; add the onion, and mix well. Set in a double boiler, and cook for 1 hour or longer; then strain, add the hot milk, and mix well; lastly, add salt to taste.

CREAM OF WHEAT

2 onions, 1 head celery, 2 or 3 tablespoons wheatmeal, 3 pints milk, 3 tablespoons copha, salt, and 1 pint water.

Cut up the celery and onion, and put in a saucepan with copha. Cook for a time without browning. Add the water and cook the vegetables, rub through a sieve, and return to the saucepan. Add the milk and boil up, sprinkle in the wheatmeal, set in a double boiler, and cook 1 hour or longer; salt.

CREAM OF PUMPKIN

2 pounds pumpkin, 1 tablespoon butter, 1 teaspoon sugar, $\frac{1}{2}$ pint boiling water, 3 pints milk, and 2 tablespoons flour.

Peel the pumpkin and cut into pieces, put into a saucepan with the water and sugar and simmer till mashed. Rub through the sieve, and add the milk, butter, and flour, mixing the flour with a little of the milk. Let the soup just come to the boil, salt to taste, and serve at once.

CREAM OF NUT CHEESE

$\frac{1}{2}$ cup butter, 1 large onion, stick of celery, parsley, 3 pints milk, $1\frac{1}{2}$ tablespoons flour, and 3 ounces nut cheese.

Chop up the onion very fine, and put into a saucepan with the butter. Cook slowly till a golden brown colour, then add the milk, and thicken the soup with the flour rubbed smooth with a little cold water. Then add the nut cheese cut up into tiny dice, also the finely chopped parsley. Salt to taste, and set in a double boiler for about $\frac{1}{2}$ an hour. Do not boil.

NEAPOLITAN SOUP

3 pints milk, 1 onion, rind of 1 lemon, 1 tablespoon flour, 2 eggs, macaroni, parsley, and salt.

Put the milk into a saucepan with the onion and the yellow rind of the lemon pared very thinly. Simmer for about 15 minutes, then strain. Mix the flour smooth with a little cold water, and thicken the flavoured milk with it. Let it boil up, beat up the yolks of the eggs, and pour the soup on to them gradually, stirring all the time. Return all to the saucepan, and let it get hot, but this soup must not boil again. Add two or three tablespoons of cooked macaroni cut small, also some finely chopped parsley, and salt to taste.

WHITE SOUBISE SOUP

4 onions, 1 spoonful butter, 2 potatoes, 4 cups white bean broth, 2 cups milk, and 4 slices bread.

Melt the butter in a saucepan, and add the onions cut in rings. Saute (cook without browning) with the lid on for $\frac{1}{2}$ hour. Soak the bread in the milk—scraps of bread will do, but no brown crusts—and boil the potatoes in a little water. Mix altogether with the stock, and simmer gently for $\frac{1}{2}$ hour. Rub through a sieve, and salt.

PEARL BARLEY BROTH

4 onions, $1\frac{1}{2}$ pints white bean stock, 2 quarts barley water, 2 tablespoons copha, and 1 pound zwieback.

Fry the onions till brown in copha, and add to the bean broth; also add the zwieback. Boil for 15 minutes, then rub through a strainer, add the barley water (made by simmering pearl barley in water for 1 or 2 hours and straining), and salt to taste.

COCOANUT SOUP

1½ quarts white bean stock, 1 blade mace, ■ onions, 1 stick celery, 1 cocoanut, 1 ~~ounce~~ ground rice, 2 ~~ounces~~ butter, and salt.

Cut up the onion and celery, and put into the stock with the mace and the cocoanut, which should be cut from the shell and grated. Simmer about 1 hour and then strain. Melt the butter and stir in the rice flour, then pour the soup over it, stirring well till smooth; add the cocoanut milk, and salt to taste. A spoonful of whipped cream may be served with each serving.

NUT AND OLIVE SOUP

3 cups water, 1 cup tomato purée, 1 dozen ripe olives, 2 tablespoons browned flour, 2 tablespoons nut butter, 1 lemon, and salt.

Emulsify the nut butter in a little water; add the tomato, the rest of the water, and the olives. Simmer for ½ hour, then add the flour, which has been mixed in a little water. The olives should be stoned and cut up small. Salt to taste.

FRENCH SOUP

■ cups water, 1 cup tomato purée, 2 dessertspoons nut paste, 1 tablespoon browned flour, 1 onion, 1 bay leaf, sage, thyme, and salt.

Simmer all together for ½ hour, then strain, reheat, and serve.

NUT AND BARLEY SOUP

2 cups pearl barley, 2 tablespoons nut paste, 3 quarts water, salt, and onion.

Soak the barley overnight, then cook in the water till very soft; blend the nut paste with ■ little cold water and add to the barley; add salt. The onion may be boiled whole with the barley and removed before serving.

CONSOMME A LA ROYAL

Beat up 1 egg very lightly; add 1 teaspoon onion juice, salt to taste, and 2 tablespoons milk. Bake in ■ flat dish, standing in water until set. Carefully ~~cut~~ into dice, put a little in each soup plate, and serve with white bean broth.

CREAM OF NOODLE SOUP

Beat yolks of 2 eggs well with 1 tablespoon water. Add 1 small cup flour, and knead 10 minutes. Divide into small pieces, roll out thin as a knife blade and hang up to dry, but do

not let it get brittle. Roll up, and cut in rings. Have some salted water boiling fast, and throw in the noodles and cook for 10 minutes. Pour off the water, and add sufficient milk to make the quantity of soup required; add salt.

CLEAR SOUP WITH EGG DUMPLINGS

Make a thick batter with milk, ~~egg~~, and flour. Have some clear soup boiling; rapidly drop the batter in a spoonful at a time—this will form little dumplings.

THE ancient Gauls, who were a very brave, strong, and hardy race, lived very abstemiously. Their food was milk, berries, and herbs. They made bread of nuts. They had a very peculiar fashion of wearing a metal ring around the body, the size of which was regulated by law. Any man who outgrew in circumference his metal ring was looked upon as a lazy glutton, and consequently was disgraced.

IF we would look for ready hands and willing hearts in our kitchens, we should make them pleasant and inviting for those who literally bear the "burden and heat of the day" in this department of our homes, where, emphatically, "woman's work is never done." We should no longer be satisfied to locate our kitchens in the most undesirable corner of the house. We should demand ample light—sunshine if possible—and justly, too; for the very light itself is inspiring to the worker. It will stir up cheer and breed content in the minds of those whose lot is cast in this work-a-day room.—*Selected.*



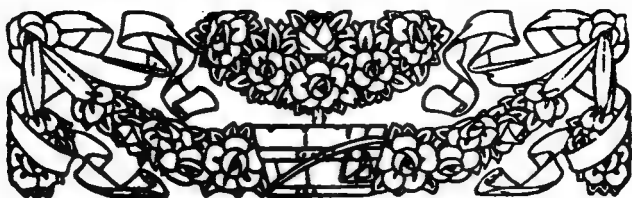
THE kitchen (that is, your stomach) being out of order, the garret (the head) cannot be right, and every room in the house becomes affected. Remedy the evil in the kitchen, and all will be right in parlour and chamber. If you put improper food into the stomach, you play the mischief with it, and with the whole machine besides.—*Dr. Abernethy.*



I HAVE COME to the conclusion that more than half the disease which embitters life is due to unavoidable errors in diet, . . . and that more mischief, in the form of actual disease, of impaired vigour, and of shortened life, accrues to civilised man from erroneous habits of eating than from the habitual use of alcoholic drink, considerable as I know that evil to be.—*Sir Henry Thompson.*



IF WE consider the amount of ill-temper, despondency, and general unhappiness which arises from want of proper digestion and assimilation of our food, it seems obviously well worth while to put forth every effort, and undergo any sacrifice, for the purpose of avoiding indigestion, with its resulting bodily ills; and yet year after year, from the cradle to the grave, we go on violating the plainest and simplest laws of health at the temptation of cooks, caterers, and confectioners, whose share in shortening the average term of human life is probably nearly equal to that of the combined armies and navies of the world.—*Richardson.*



ENTREES

Savoury Substitutes for Meat

"It is a vulgar error to regard meat in any form as necessary to life."—*Sir Henry Thompson.*

"The natural food of man, judging from his structure, consists of fruit, roots, and vegetables."—*Cuvier.*

WHEN people give up the eating of meat, it is desirable that they should be furnished with savoury items to take its place. The vegetable kingdom contains a number of foods that make excellent substitutes for flesh meats. For instance, there are peas, beans, and lentils (these three are known as legumes), and there are the nutritious and health-promoting nuts. Each of these foods contains about three times as much nourishment as does meat; for example, lean meat contains a total of 33 per cent of nutriment, whereas peas contain 99 per cent, beans 84½, and lentils 86. Almonds contain a total of 87 per cent of nourishment, and walnuts 88 per cent. Meat is rich in proteid, which the body needs for the building and repairing of tissue; of this element, meat contains 19 per cent. Peas, however, contain nearly 24 per cent of proteid, while beans contain nearly 31 per cent and lentils 25. Almonds contain 33 per cent of the nitrogenous or proteid element, and walnuts 16 per cent.

One must be careful, however, not to partake of too much proteid, as it clogs and poisons the system and brings on premature old age. One can far more safely partake of an excess of fats and carbohydrates (starches and sugar), which are the heat and energy producing foods, than an excess of proteid. Children and youth who are growing, need of course relatively more proteid than do adults, who do not need material for

growth and require only the comparatively small amount of proteid necessary for bodily repair—at most 2 ounces (or 240 calories) daily.

Those who partake largely of flesh foods are using a diet that is not only far too rich in proteid, but is also an ill-balanced one. They are putting altogether too great a strain on their eliminative organs, and it is no marvel that they should develop kidney troubles, rheumatism, and other disorders.

Dried peas, beans, lentils, and nuts should also be used sparingly, especially in their free or solid form, and should be combined with foods that are not so concentrated, or, in other words, are more bulky, such as vegetables, etc. Peas, beans, etc., however, form the basis of many savoury and appetising dishes that readily take the place of flesh meats, and are, moreover, free from the objectionable waste matter (and frequently disease) that the latter contain.

Other savoury dishes that may be used as substitutes for meat are given in succeeding sections, such as: "Roasts and Similar Dishes"; "Savoury Puddings and Pies"; "Stews and Fricassees."

No flocks that range the valley free
To slaughter I condemn;
Taught by the Power that pities me,
I learn to pity them.

But from the mountain's grassy side
A guiltless feast I bring;
A scrip with herbs and fruits supplied,
And water from the spring.

—Goldsmith.

GRANOLA AND CORN PATTIES

1 cup granola, 2 tablespoons sweet corn, 1 onion, parsley, salt, and zwieback crumbs.

Steam the granola by pouring a cup of boiling water over it and placing a cover over it to retain the steam. Add the sweet corn and the onion grated, also the finely chopped parsley and salt. Shape into patties, roll in sifted zwieback crumbs and fry in copha.

VEGETARIAN SAUSAGE

2 cups wonder beans, 1 cup rice, 1 onion, thyme, salt, 1 pound nut meat, copha to fry.

Soak the beans overnight, and cook till tender in just enough water to cook. Rub through a sieve. Boil the rice, fry the onion and brown, and add all to the beans with the seasoning and nut meat mashed. Form into sausages, and fry brown.

NUT AND RICE SAUSAGE

2 cups cooked rice, nut meat, 1 tablespoon gluten, No. 3, a pinch of herbs, and some salt. Chop up a little nut meat, and add to the rice and other ingredients. Mix well, add a well-beaten egg to bind the mixture, shape into sausages, and fry.

DORMERS

1 pound nut meat, 2 ounces butter and 3 ounces cooked rice. Season well. Shape into sausages, dip in beaten egg, then roll in fine bread-crumbs. Fry these sausages brown and pour rich gravy over them.

MACARONI AND TOMATO CUTLETS

1 pound macaroni, 2 ounces butter, 2 ounces flour, 1 cup tomato purée, 2 eggs, and salt.

Boil the macaroni in salted water until cooked. Put the butter and the flour into a saucepan and stir over the fire until the mixture leaves the sides of the pan clean. Stir in the purée, and mix well. Simmer for a few minutes, add the macaroni and eggs; salt, form into cutlets, and fry.

LENTIL PATTIES

1 pound lentils, 2 eggs, bread-crumbs, and salt.

Put the lentils on in just sufficient water to cook them, they need to be dry and mealy when done. Salt to taste, and rub through a sieve and mash well. Add the two eggs well beaten and sufficient bread-crumbs to make the mixture firm enough to shape into patties. Any seasoning may be added such as grated onion and herbs.

GREEN PEA PATTIES

Soak the peas overnight, then cook with water. Add to the water a little sugar and salt to taste, also a few pieces of mint. Cook slowly till tender and rub through a sieve. The peas should now be dry and mealy. Form into patties, put them on a greased dish, and bake a few minutes, just to heat them through. Serve with mint sauce.

NUT FILLETS

1 pound nut meat, 1 pound nut cheese, 1 or 2 onions, tomato purée, bay leaves, and salt.

Cut the nut meat into slices, slice the onion very thin, and place a layer of onion between a slice of nut meat and nut cheese. Put into a baking-dish. Boil up some tomato purée mixed with a little water, and flavour with a bay leaf or two, and a little sugar and salt. Pour this sauce over the fillets, and bake 1 hour till onion is tender.

STEWED NUTTOSE CUTLETS

1 pound nut cheese, 1 pint milk, 1 tablespoon flour, salt, and parsley.

Cut the nut cheese into four slices. Cut these slices in halves, dip them in batter made by rubbing a spoonful of flour smooth in a little milk, and fry golden in boiling copha. Drain on paper. Bring the pint of milk to the boil and thicken it lightly with the flour, add salt to taste, and the parsley chopped very fine. Lay the cutlets in the sauce, and let them steam 10 minutes.

VEGETARIAN FISH

3 large potatoes, 1 pint milk, 2 tablespoons ground rice, 1 ounce butter, 1 onion, sage and mace (ground).

Put the potatoes on to boil, and while they are cooking boil up the milk and thicken it with ground rice; add butter, 1 teaspoon mace, and stir over the fire a few moments until thick. Mash the potatoes and stir them into the rice mixture. Add the onion grated, mix thoroughly, and press into a shallow dish. When cold cut into fish-shaped slices, dip in beaten milk and egg, and then in crumbs, and fry in olive oil. Serve with white sauce flavoured with mace.

TOMATO AND WHEATMEAL ROLL

6 tomatoes, 1 pound wheatmeal, bread-crumbs, 2 onions, 1 egg, 1 cup lentils, mace, thyme, parsley, and salt.

Cook the lentils in a little water, remove skins from the tomatoes, slice into the lentil pulp. Add to this the onions fried brown, the crumbs, and the egg boiled hard and chopped up. Flavour all with a little mace, thyme, and parsley. Make some wheatmeal pastry and roll out into a sheet; spread the mixture on it and roll up as for a roly-poly and bake in a moderate oven about 1 hour.

NUT LISBON STEAK

1 pound nut meat, 1 onion, 2 cups brown gravy, granose flakes, thyme, and salt.

Put the brown gravy in a bowl, chop up the nut meat and add to it also the onion chopped and fried brown. Add the seasoning and sufficient granose flakes to mould it. Form into flat cakes and fry brown.

NUT AND RICE CROQUETTES

2 cups cooked rice, 1 pound nut meat, 1 stick celery, 1 onion, 1 egg, and salt.

Boil the ~~rice~~ hard, and chop it up. Chop onion and celery fine, and fry brown. Cut the nut meat into dice, add all to the rice, and mix well, adding salt to taste. Use zwieback crumbs to roll the croquettes in; fry, and serve with onion gravy.

BOSTON BAKED BEANS

1 cup haricot beans, 1 tablespoon treacle, and salt.

Simmer the beans in water, until nearly tender, then pour them into a baking-dish, using the broth also. Mix the treacle into the beans, add salt, set in a slow oven, and bake for at least 1 hour until nearly dry and nicely browned.

RICE FRITTERS

1 pint milk, 2 eggs, 2 tablespoons flour, 1 cup cooked rice, and a little salt.

Beat the yolks of the eggs and the milk together, add the flour and rice, and mix smoothly. Beat the whites of the eggs stiffly and fold in. Let the batter stand for an hour, then fry in boiling oil and drain on paper. Serve with gravy.

DEXTRINISED MACARONI AND NUT CUTLETS

1 pound macaroni, 1 pound nut meat, 1 onion, 1 cup brown gravy, herbs, and salt.

Boil the macaroni in boiling salted water, then drain and chop up. Add the nut meat cut up small, the grated onion, gravy, and seasoning; use enough zwieback crumbs to mix, shape into cutlets, and fry or bake till nicely browned.

SAVOURY RISsoles

1 cup wonder bean pulp, 1 fried onion, 1 cup cooked rice, 1 cup steamed granola, 1 cup brown gravy, 1 pound nut meat (mashed), a little herbs, and salt to taste.

Shape into rissoles and fry.

SPAGHETTI AND NUT CUTLETS

1 cup spaghetti, 1 cup milk, 1 tablespoon flour, 1 pound nut meat, 1 egg, and salt.

Cook the spaghetti and drain. Put the milk on to boil, and thicken with the flour. Cut the nut meat up fine and add it and the spaghetti to the sauce, which must be very thick; add salt. Beat the egg, and add, mixing well. Let the mixture get cool, shape it into cutlets, and roll well in sifted zwieback crumbs; fry, and drain.

BREAD STEAK AND ONIONS

Cut onions in rings and fry brown, adding a little brown gravy to them. Cut bread into neat pieces, dip in beaten egg and milk (1 egg to 1 cup milk), fry golden brown, and serve the onions on the "steak" bread.

SHEPHERD'S PIE

Nearly fill a pie-dish with nicely seasoned nut mince. Cover with mashed potatoes, smooth the top with a knife dipped in melted butter, and bake till nicely browned.

RICE CROQUETTES

3 cups cooked rice, yolks of 2 eggs, salt, and jelly or other filling.

Break the eggs into the rice, and add salt to taste. Form the mixture into balls, flatten a little, and make a hole in the centre, dip the croquette in beaten egg, then in fine bread-crumbs, and bake till golden brown. Fill the hole with jelly, hard-boiled egg, piquante sauce, or any other desired filling.

RICE CUTLETS

2 cups cooked rice, 2 onions, 4 tomatoes, 2 ounces bread-crumbs, herbs, parsley, salt, a little cophia, and 1 egg.

Fry the onions brown, add the sliced tomato, and cook till tender; then add the rice and other ingredients. Mix well, turn out on a board and smooth with a wet knife. Cut into fingers, dip in egg, roll in fine crumbs, fry crisp, and serve with tomato sauce.

CROQUETTES OF NUT MEAT

1 pound nut meat, 1 cup of mashed potatoes, a little minced celery, 1 beaten egg, juice of a small onion, and salt.

Form into croquettes, roll in egg and crumbs, and bake or fry.

FRENCH BREAD PATTIES

Slices of stale bread, $\frac{1}{2}$ pound nut meat, parsley, onion, salt, $\frac{1}{2}$ little gravy, 1 egg, and copha for frying.

Cut the bread into rounds about two inches thick and three inches across. Hollow out the centre, leaving a case of bread. Keep the little top cut out of the centre, dip them for a second in milk, then drain, brush over with beaten egg, and sprinkle fine crumbs over and fry brown. Make a mince of nut meat, parsley, onion, salt, and gravy; have it very hot and fill the fried cases, piling it up high. Put on the little bread top fried, sprinkle finely chopped parsley over, and serve.

KROMESKIES OF NUT MEAT

Some nice flaky pastry, $\frac{1}{2}$ pound nut meat, a little thick gravy, and salt.

Moisten the nut meat with gravy, mash up well and season with salt. Shape the mixture into little balls, and roll the pastry out thinly into a square. On one half of the pastry arrange the little balls at regular distances. Wet the pastry around each ball with milk, fold over the other half of pastry, press down carefully each ball to join the pastry, and cut out each with a sharp cutter $\frac{1}{2}$ inch larger than the ball. Bake in brisk oven, and serve with brown gravy.

ALMOND MEAT PATTIES

✓ 1 pound almond meat, 1 egg, salt, and gravy.

Mash the almond meat, add salt to taste and a beaten egg, and form into little patties. Dip them in egg and bread-crumbs, bake in an oiled pan till nicely browned, pour over them the brown gravy, and let them simmer in the oven for about 15 minutes.

NUT QUENELLES

4 ounces bread-crumbs, 1 pound nut meat, $\frac{1}{2}$ cup milk, yolks of 2 eggs, and salt.

Mash up nut meat thoroughly, pour milk over the crumbs and add these to the meat while mashing, also the egg yolks. Shape in a dessertspoon and put in a buttered frying-pan. Brown lightly, pour in a little boiling water, and simmer 20 minutes. Serve with piquante sauce.

NUT CHEESE FRITTERS

1 pint water, $1\frac{1}{2}$ ounces butter, 3 ounces flour, $\frac{1}{2}$ pound nut cheese, 2 eggs, and salt.

Boil together the water and butter, then work in the flour to make a thick paste. Season with salt and any other flavouring desired, then break in the yolks of 2 eggs. Lastly fold in the whites beaten stiffly. Let it stand 2 hours, divide into pieces the size of a walnut, drop into boiling fat, and fry. Drain and serve.

WALNUT CROQUETTES

1 cupful each of chopped walnuts, mashed potatoes, and fresh bread-crumbs, 2 eggs, salt.

Molaten with a little of the potato water. Add the beaten yolks of 3 eggs and the stiffly beaten white of one. Salt to taste, form into croquettes, dip in egg and bread-crumbs, and bake till a golden brown.

SWEET CORN PATTIES

1 tin sweet corn, 1 cup cream, 1 beaten egg, and salt.

Mix all together with sufficient zwieback crumbs to make firm enough to form into patties. Then bake.

VALENTIAN CUTLETS

Take 1 pint cooked split peas, 1 cup ground almonds, a little minced onion, salt to taste, and zwieback crumbs to make firm enough to form into patties; bake.

WALNUT CUTLETS

1 pound walnuts (ground) 2 teacups bread-crumbs, 2 ounces butter, 1 teaspoon flour, 1 gill milk, 1 egg, lemon, salt, a few whole walnuts, onion juice, and ground mace.

Melt 1 ounce of the butter in a saucepan, and mix in the flour and add milk by degrees. When it thickens add other ingredients, but adding the beaten egg and the teaspoon of lemon juice last. Turn out to cool, roll in finger shapes, put a half walnut on top of each cutlet, and fry brown.

NUT MEAT STEAK

1 pound nut meat, 2 cups zwieback crumbs, 3 fried onions, herbs, salt, and brown gravy.

Mash up the nut meat, and add the crumbs and the seasoning. Pour over enough brown gravy to moisten well, turn out on to a board, and press out till 1 inch thick. Cut into rounds with a large tin cutter; cut these in halves, and fry brown.

NUT CHEESE AND RICE CUTLETS

3 cups boiled rice, $\frac{1}{2}$ pound nut cheese, 2 onions, parsley, salt, 1 ~~egg~~, crumbs.

Chop up the nut cheese ~~and mix~~ with the rice; add the onions grated, and the finely chopped parsley. Salt ~~to~~ taste, form into cutlets, and fry a delicate brown.

NUT MEAT BATTER CUTLETS

$\frac{1}{2}$ tablespoons of oil, 2 ~~eggs~~, 8 to 4 tablespoons flour, stale bread-crumbs, $\frac{1}{2}$ cups boiling water, salt, ~~and~~ nut meat.

Heat, but do not brown, the oil in a saucepan. Stir in the flour, add water, stirring smooth. Remove from the fire, add the eggs, salt, and a few crumbs. Have a ~~pan~~ ready with a little oil in it; broil slices of nut meat in this. Put a spoonful of batter on the meat, and turn over; then place a spoonful of batter on the other side, and turn over and brown this also. Serve ~~as~~ soon as delicately browned.

GRILLED NUT MEAT CUTLETS

Slice nut meat, and fry in a little oil or copha. Serve with brown gravy and vegetables. Nuttolene, nut cheese, and almond meat can all be cooked in the same way.

NUT CHEESE AND GRANOSE CROQUETTES

$\frac{1}{2}$ pound nut cheese, 1 cup tomato purée, 1 egg, salt, and granose flakes.

Cut up the nut cheese, and stew in the tomato for a few minutes. Add 1 beaten ~~egg~~, salt to taste, and just enough granose flakes to shape. Form ~~into~~ croquettes, bake in a quick oven till browned and beginning to crack, and ~~sauce~~ with jelly.

ALMOND MEAT CROQUETTES

Almond meat, salt, grated onion or finely chopped celery, parsley, 2 $\frac{1}{2}$ tablespoons flour, 1 tablespoon oil, and $\frac{1}{2}$ pint milk.

Stir well, add ~~the~~ other ingredients, and mix. Let the mixture cool, form into croquettes, and bake or fry.

RICE AND NUT CHEESE CUTLETS

2 cups cooked rice, $\frac{1}{2}$ pound ~~nut~~ cheese, 1 large onion, grated, chopped parsley, and salt ~~to~~ taste.

Mash the nut cheese, ~~mix all well~~ together, form into cutlets, and roll ~~in sifted~~ granola. Fry brown.

DEXTRINISED RICE AND SWEET CORN RISsoles

2 cups cooked dextrinised rice, 1 tin sweet corn, chopped parsley and onions to flavour, 1 egg, salt, and No. 3 gluten meal.

Mix all well together, adding sufficient gluten to make firm. Make into rissoles, fry or bake. Sifted granola may be used instead of the gluten.

MARMITE AND LENTIL CUTLETS

1 pint lentil pulp, 1 pint fresh bread-crumbs, 1 grated onion, 1 head garlic, 1 dessertspoon marmite, 1 egg.

Add the bread-crumbs to lentil pulp and mix the marmite in well, mince the garlic very finely, grate onion and add these with the raw egg, form into cutlets and fry.

SARATOGA CUTLETS

1 pound split peas, 1 pound rice, parsley, onion, and salt.

Cook the peas and sieve them. Cook the rice, and add it to the peas. Season nicely, mould into cutlets, and fry.

VEGETARIAN SALMON BALLS

1 pound nut meat, juice of 1 lemon, 1 cup tomato purée, 2 tablespoons chopped celery leaves, 1 tablespoon olive oil, 1 cup No. 3 gluten, and salt to taste.

Mix together and let stand till firm. Make into balls, fry in olive oil, and serve with tomato purée, in which a little olive oil is mixed.

GRANOLA AND EGG CROQUETTES

1 cup granola, 4 medium-sized potatoes, 1 large onion, 3 eggs, and salt.

Steam the granola by pouring a little boiling water over it. Cook the potatoes and mash them; adding the granola and the onion fried brown, the salt, and the hard-boiled eggs chopped up small. Mould and roll the croquettes in fine granola, and fry brown.

ALMOND MEAT RISsoles

1 pint fresh bread-crumbs, 1 pound almond meat, 1 onion, chopped parsley, 2 eggs, salt, and a little thyme.

Mash up the almond meat and mix with the crumbs; grate the onion, and add with the parsley, salt, and thyme. Separate

the eggs, beat the whites stiff, mix in the yolks, and, lastly, fold in the whites. Shape lightly, and fry brown.

RICE AND TOMATO BALLS

1 onion, 1 large tomato, 1 cup boiled rice, salt, parsley, and fresh crumbs.

Fry the onion till just golden; slice the tomato, and add to the onion in the pan. Then add the rice and seasonings with enough crumbs to shape. Fry or bake, and serve with tomato sauce.

NUT CHEESE CUTLETS

1 quart fresh bread-crumbs, 1 pound nut cheese, and salt.

Mash the nut cheese, and mix with the crumbs. Add the salt, and work all well together. If necessary, add just a little milk to moisten. Roll out on a board, cut out with the tin cutter, and fry till a golden brown.

BREAD CROQUETTES

1 tablespoon butter, 2 tablespoons flour, 1 cup milk, 1 egg, salt, bread-crumbs, and 1 onion.

Heat the butter in a saucepan, but do not brown. Add the flour and stir smooth. Pour in the hot milk and mix; remove from the fire, add the egg beaten, the salt, and enough fresh bread-crumbs to shape. Make into croquettes, and fry.

BEAN AND ALMOND CUTLETS

2 cups haricot bean pulp, 1 cup almonds, 1 egg, 1 spoonful oil, salt, and bread-crumbs.

Blanch the almonds, and grind or chop them very finely, add them to the bean pulp, adding also the oil, the salt, and the beaten egg. Mix with a few crumbs, mould into cutlets, and bake about 15 minutes.

HARICOT BEAN SAUSAGE

2 pounds haricot beans, 1 large onion, and salt.

Cook the haricots until tender, and sieve them in the usual way. Fry the onion a golden brown, and salt to taste, mix well, shape into sausages, and fry brown. Serve with piquante sauce.

Miscellaneous Entrees

FORCE MEAT FRITTERS

1 tablespoon butter, 2 cups fine bread-crumbs, salt and herbs, 3 eggs, 2 tablespoons milk, and cophera to fry.

Beat the eggs well, mix with the milk, and pour ~~over~~ the crumbs, salt, herbs, and butter. Mix well together, and fry in little fritters.

RICE FRITTERS

1 egg, 1 pint milk, 1 tablespoon flour, 1 cup cooked rice, salt, finely chopped parsley, and cophera.

Make a batter of the egg, milk, and flour; beat well, and add the rice, salt, and parsley. Let stand 1 hour, then fry in hot cophera. Cook quickly, drain on paper.

TOMATO AND RICE MOULD

2 cups boiled rice, 1 cup nut butter, 1 cup tomato purée, 1 fried onion, salt to taste, and 1 tablespoon of corn flour.

Rub the nut butter smooth in a little water, add the other ingredients, mix well, and steam in tin or mould tightly covered for 3 hours. Serve hot or cold.

MACARONI BAKED WITH NUT CHEESE AND ONIONS

1 pound macaroni, 3 onions, 1 pound nut cheese, and salt.

Cook the macaroni in salted water and drain. Fry the onions brown (cut them in rings), and cut the nut cheese in slices. Put ingredients in a baking-dish in alternate layers, having the macaroni on top. Bake 15 minutes.

MACARONI FONDU

1 pound macaroni, 3 ~~eggs~~, 3 cups milk, salt, and chopped parsley.

Cook the macaroni and drain. Beat the eggs, add the milk, salt, and parsley, and pour over the macaroni in the pie-dish. Bake until the custard is set.

DEXTRINISED RICE WITH SCRAMBLED EGGS

1 pound rice, 3 eggs, 1 cup milk, and salt.

To dextrinise the rice, spread it on a flat baking-dish and put in a moderately hot oven; stir it occasionally until golden brown. To cook, use 1 part rice to 3 parts water, and simmer carefully till dry and grains are separate. Scramble the eggs with the milk, and serve on rice.

SWEET CORN BAKED WITH ZWIEBACK

1 tin sweet corn, 2 or 3 slices zwieback, 3 eggs, 4 cups milk, and salt.

Break up the zwieback into a pie-dish, and pour the tin of corn over it. Beat up the eggs and the milk and the salt, pour over the corn and zwieback, and bake till custard is set.

PEARL BARLEY WITH RAISINS

Soak barley overnight in cold water, and put on to cook in sufficient water to cover well. Cook until nearly all the water is absorbed, and the barley is tender. Add the raisins, and cook 1 hour longer.

NUT CHEESE MOULD

$\frac{1}{2}$ pound nut cheese, 2 eggs, 2 cups milk, salt, and parsley.

Chop the nut cheese small, and sprinkle it into some buttered cups. Beat up the eggs, and add the milk and seasoning. Fill up the cups, stand them in a dish of hot water and bake till custard is set, which will be about 15 to 20 minutes.

TOMATO GRANOSE

Take ripe tomatoes, and granose biscuits or flakes. Bake the tomatoes nicely, keeping them whole, and serve nicely toasted granose.

POTATO MILK PUDDING

Raw potatoes, milk, butter, and salt.

Grate as many raw potatoes as will three parts fill a pie-dish. Fill up the dish with milk, add salt and a piece of butter, or a spoonful of nut butter mixed smooth. Bake in a moderate oven 2 or 3 hours, when it should be rich and creamy.

NUT MEAT TIMBALES

$\frac{1}{2}$ pound nut meat, 2 tablespoons bread-crumbs, 1 grated onion, 2 teaspoons chopped parsley, $1\frac{1}{2}$ cups milk, and 1 egg.

Mix together, and bake in timbale moulds or cups.

AUSTRALIAN RAREBIT

$\frac{1}{2}$ pound nut cheese, 2 pints milk, 3 eggs, 1 onion, lemon rind, and salt.

Pare the rind off a small lemon and add to the milk, also the whole onion; simmer a few minutes till well flavoured, then remove the seasoning. Mash up the nut cheese, and boil a

few minutes in the flavoured milk, then rub through the strainer. Add well-beaten eggs, and steam till thickened, but do not boil as it will curdle. Serve in fancy pieces of zwieback.

NUT MEAT CHOWDER

$\frac{1}{2}$ pound nut meat, 2 onions, slices of bread, milk, and salt.
Cut the onion in thin rings and the nut meat in slices. Dip thin slices of bread in the milk, and lay in a pie-dish. Next put a layer of onion and nut meat, and sprinkle with salt. Cover with a layer of bread slices spread with butter, and bake slowly till the onion is tender and the top nicely browned.

GRANOLA AND CORN ROAST

1 cup granola, $\frac{1}{2}$ tin sweet corn, 1 cup tomato purée, 1 grated onion, $\frac{1}{2}$ cup white bean stock, and salt.

Make the bean stock and the purée hot, and pour over the granola; add the corn, grated onion, and the salt. Bake in a roast tin till firm.

PEARL BARLEY AND TOMATO

Pearl barley, bean stock, ripe tomatoes, and salt.

Soak the barley overnight, and cook slowly in the stock until tender. Put a layer of barley in the pie-dish, over this put a layer of tomatoes, cut in thick slices, and sprinkle well with salt. Continue alternate layers of barley and tomatoes until the dish is full. Cook in the oven until well heated through and the tomatoes are cooked.

VEGETARIAN BRAWN OR POTTED MEAT

$\frac{1}{2}$ pound nut meat, $\frac{1}{2}$ packet vegetable gelatine, 1 pint brown bean broth, $\frac{1}{2}$ ounce marmite, $\frac{1}{2}$ cup tomato purée, a season of thyme, salt, and chopped parsley.

Cut the nut meat into dice. Soak the gelatine $\frac{1}{2}$ hour in warm water, then drain and add it to the broth and purée, and simmer until the gelatine is dissolved; add the marmite, and mix well. Put the nut meat into cups, and sprinkle over the parsley, thyme, and salt, pour the jelly over it, and let it set. Serve with salad.

SAVOURY MACARONI

2 large apples, 2 onions, 1 dessertspoon of moist sugar, the juice of 2 lemons, salt, 1 pint boiling water, copha, and 1 cup cooked macaroni.

Slice the apples and onions, and fry in copha. Add the sugar, lemon juice, salt, and water, also the macaroni, and simmer a few minutes. Serve with toast.

KEDGEREE

3 ounces rice, $\frac{1}{2}$ pound nut meat, $\frac{1}{2}$ hard-boiled eggs, 2 ounces butter, and salt.

Cook the rice nicely; chop up the nut meat and the white of the eggs, and mix with the rice; add the butter melted; toss together lightly and put on a hot plate. Rub the hard-boiled yolks through a sieve over it.

VERMICELLI SAVOURY

1 pound tomatoes, $\frac{1}{2}$ pound young onions, 1 ounce vermicelli, marjoram and salt to taste, and $\frac{1}{2}$ pound butter.

Melt the butter in a pie-dish. Mince the onions finely, and cut up tomatoes and add with the savoury to the butter. Crush up the vermicelli lightly, and sprinkle it on top; then cover the dish closely and bake in a moderate oven 1 hour. Uncover and brown nicely.

TOMATO AND GRANOSE

Stand the tomatoes in pie-dish, sprinkle with salt, and bake until tender, but not broken up. Butter some toasted granose biscuits, and serve the tomatoes on them.

POTTED NUT MEAT

Pound up well $\frac{1}{2}$ pound nut meat, add $1\frac{1}{2}$ ounces butter, and a little spice and salt.

Mix well together, press into pots, and cover with melted butter. This is nice for sandwiches.

STUFFED NUT MEAT, NO. 1

$\frac{1}{2}$ pound nut meat, bread-crumbs, and seasonings.

Cut the centre from the nut meat, and mash it up with some bread-crumbs, a pinch of herbs, grated onion, and a little butter and salt. Stuff the nut meat with this, then stand it in a pie-dish. Put sufficient water in the dish, and baste with it while baking to a nice rich brown.

STUFFED NUT MEAT, NO. 2

1 pound nut meat, wheatmeal bread-crumbs, herbs, salt, butter, chopped parsley, and grated onion, and 1 egg.

Make the seasoning with the crumbs, etc., and thickly line a pie-dish with this mixture. Press the nut meat into the centre, moisten with gravy, cover it thickly with the stuffing, and sprinkle a little water over it. Cover with a tin, and bake slowly 1½ hours; uncover and brown. This is delicious when cold.

STEAMED SAUSAGE ROLL

1 pound nut meat, ½ pound bread-crumbs, 2 eggs, herbs, onion, and salt.

Mash up the nut meat, and mix it with crumbs, etc., using ½ little stock. Form it into a roll, tie in a cloth, and steam 2 or 3 hours.

SAVOURY FONDU

A large slice of bread, ½ pint milk, ½ pound nut meat, 2 eggs, a little grated onion, and salt.

Soak the bread in the milk and beat it smooth; add the nut meat, onion, salt, and beaten eggs. Bake about 20 minutes.

NUT STEAK AND ONIONS

1 pound nut meat, fried onions, vegetable or bean stock.

Cut the nut meat into slices; lay half of the slices in a pie-dish, and cover with a good layer of fried onions. Put on the rest of the slices of meat, and cover with a few more onions. Pour a little stock over the ingredients, and bake till a rich brown.

LENTIL POTTAGE

½ pound Egyptian lentils, 2 grated onions, 1 pound tomatoes, a little thyme, and chopped parsley; and 1½ ounces butter.

Cook the lentils in just sufficient water, so the latter will be all absorbed when lentils are cooked. Add the other ingredients, and cook together ½ hour.

TOMATO OMELETTE

1 pint bread-crumbs, 2 chopped onions, 1 ounce butter, ½ pound tomatoes, ½ pint milk, and 2 eggs.

Mix all together, and bake about 20 minutes till set.

NUT MEAT GALANTINE

½ pound fresh bread-crumbs, a pinch of parsley, mace, salt, and a little butter rubbed in two eggs.

Mix all well together, and bake in a shallow tin. When cold, cut in little cubes (this is forcemeat). Break 1 cup macaroni into small pieces, and cook in salted water. Boil 2 eggs hard and slice. Cut 1/2 pound nut cheese into tiny pieces. Prepare a jelly with some bean stock and vegetable gelatine, and flavour with marmite. Fill small wet moulds in the following order: sliced eggs neatly arranged, the forcemeat, the nut cheese, and the macaroni. Sprinkle fine parsley over, fill with jelly, and set aside to get cold. Serve on lettuce.

STEWED NUT CHEESE CUTLETS

Dip slices of nut cheese in batter and fry. Lay the cutlets in a saucepan, and cover with milk. Add salt and finely minced parsley and a little grated onion. Stew slowly 1/2 hour, then thicken lightly with flour.

TOMATO RAREBIT

4 onions, 4 large tomatoes, 1/2 pound nut cheese, salt to taste.

Fry the onions and tomatoes, mash the cheese and sprinkle over them. Brown in the oven. Serve on graham biscuits.

SWEET CORN AND TOMATO

1 tin of sweet corn, 2 large tomatoes, 2 tablespoons butter, 1/2 tablespoons crumbs, 1 teaspoon sugar, and salt.

Put all in a baking-dish, sprinkle crumbs over, and bake.

NUT MEAT FRITTERS

1 pint milk, 1 egg, 2 tablespoons flour, 1/2 pound nut meat, and grated onion and salt to taste.

Make a batter of the flour, milk, and egg; chop up the nut meat, and add to it the onion and salt. Drop by spoonfuls into boiling oil, and fry. Serve as soon as cooked.

TOMATO AND EGG TOAST

Tomatoes, hard-boiled eggs, salt, butter, parsley, and slices of bread.

Fry slices of bread till a golden brown. Cut tomatoes into thick slices, and put in the oven until tender. Place a slice of tomato on each slice of bread. Cut the egg in rings (remove the yolks), and lay a slice of egg on the tomato. Pound up the yolks with a little butter and salt and a few chopped olives, and pile this mixture into the white rings. Sprinkle with fine parsley.

DRIED GREEN PEAS WITH RICE

1 pint marrowfat peas, $\frac{1}{2}$ cup cooked rice, 1 onion, salt, mint, and 1 ~~tablespoon~~ butter.

Soak the peas overnight; then cook slowly till quite soft, with the onion and a little mint and salt added. Mix the rice in when the peas are cooked, and add the butter. Serve hot.

CROQUETTES OF BRAZIL NUTS

$\frac{1}{2}$ cup Brazil nuts, 2 eggs, $\frac{1}{2}$ cup milk, 2 tablespoons flour, 1 tablespoon butter, and salt.

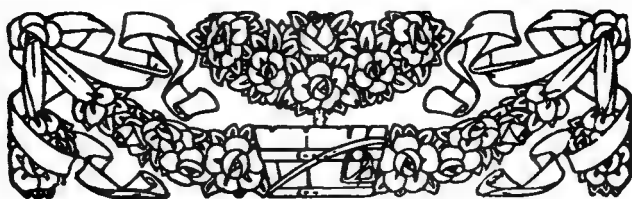
Blanch the nuts and grind through a mill, or chop them up very fine. Rub the flour and the butter to a smooth paste, and add the milk heated to boiling-point, and the salt. Cook 15 minutes, then add the nuts and egg yolks beaten creamy, and lastly the egg whites beaten stiffly. Form into croquettes, and bake. Serve with tomato cream sauce.



The Art of Arts

AS the original meaning of "art" is skilfully to unite, or join, it is natural to conclude that the proper preparing and uniting of foods is an art of the highest order. But as it is today, the art that should stand at the top of the list, along with music, painting, and sculpture, that should have the most perfectly and scientifically equipped workshop of them all, whose artists should be recognised and honoured as public benefactors—this art of preparing and combining foods—is placed at the bottom of the list, relegated to the despised and neglected rear of the house, and given over to the monopoly of the most common and ignorant class of the community. This is wrong, even from the purely artistic standpoint. The end of food is to nourish the body. That person who can select, prepare, and combine foods so successfully as to serve this end is an artist second to none. Second-rate artists and second-rate musicians can do no more than make us uncomfortable, but second-rate cooks have sent their thousands to premature graves, to penitentiaries, to hospitals, asylums, and poorhouses.

If more tithe of the money and time spent by young women in acquiring a knowledge of music and painting were spent in obtaining a correct practical knowledge of the best means of preparing and combining foods, this would be a far happier and more artistic world.—*"The Practical Guide to Health,"* by Frederick M. Rossiter, B.S., M.D., pages 175, 176.



Roasts and Similar Dishes

SCOTCH PEA LOAF

2 pounds split peas, $\frac{1}{2}$ pound fresh bread-crumbs, 1 onion, chopped parsley, thyme, salt, and 2 ounces butter or copha.

When the peas are cooked, put them through a sieve (the peas must be cooked as dry as possible). Salt to taste. Make a stuffing with the crumbs and the other ingredients. Well oil the baking-dish; press into it half of the peas, then the filling. Now spread over this the rest of the peas; smooth over, and bake. Turn out of the tin carefully; cut in slices, and serve.

CANNELON OF NUT MEAT

$\frac{1}{2}$ pound nut meat, $\frac{1}{2}$ pound nut cheese, 1 onion grated, salt and herbs to taste, 1 cup zwieback crumbs, and brown gravy.

Moisten the crumbs well with the hot gravy; chop up the meats into cubes, and mix thoroughly with the seasonings; mix all well together; roll on a board into a little loaf. Roll up in oiled brown paper, and bake half an hour. Remove the paper when the roast is cooked, and serve it garnished with lemon points.

BEAN AND TOMATO ROAST

2 cups wonder bean pulp, 1 tablespoon nut butter, 1 cup tomato purée, 1 onion, and salt.

Mix the nut butter with the purée and add to the bean pulp. Fry the onions. Mix all well together, press into the oil tin, and bake.

LIMA BEAN AND NUT LOAF

3 cups Lima bean pulp, $\frac{1}{2}$ pound nut meat, $\frac{1}{2}$ cup bread-crumbs, herbs, parsley, and salt.

Mash the nut meat with the crumbs, herbs, etc., and put half the bean pulp into the baking-dish. Press in the filling of nut meat; cover with the other half of the bean pulp, then smooth over the top and bake.

JAPANESE ROAST

Take 1 cup of split peas, and 2 cups boiled rice (dry). Add chopped parsley, and season lightly with onion juice and salt. Mix all well together, and bake in an oiled roast tin.

LENTIL AND WALNUT ROAST

1 cup lentil pulp, 1 grated onion, 2 ounces ground walnuts, a few bread-crumbs to mix, and salt.

Mix all well together, and bake as in preceding recipes.

LENTIL AND RICE ROAST

1 cup lentil pulp, 1 cup cooked rice, and 1 onion fried brown. Season with herbs, add salt, and bake.

STUFFED BEAN AND MARMITE ROAST

4 cups brown bean pulp, 1 tablespoon marmite, 1 onion grated, salt, sage, 1 cup bread-crumbs, and a small piece of butter.

Mix the marmite into the bean pulp, and turn out on to a well-floured board. Roll out until about 1/2 inch thick. Make a seasoning of the other ingredients, and lay on in the bean sheet; then roll up as for a roly-poly. Place in a well-oiled baking-dish, rub over with a little oil, and sprinkle the bread-crumbs over it. Bake about 1/2 hour; serve with marmite gravy.

GRANOLA AND NUTTOLINE ROAST

1/2 pound nuttolene, 1 cup granola, 1 grated onion, and salt.

Moisten the granola with boiling water, and add the nuttolene cut in cubes, the grated onion, and the salt. Bake.

SPLIT PEA ROAST

4 cups split pea pulp, salt, chopped parsley, and a little chopped mint.

Mix well together and bake.

WALNUT ROAST

1/2 cup walnut meat, 1 cup granola, 1 cup zwieback crumbs, 2 eggs, 1 pint milk, and salt.

Soak the granola and the zwieback crumbs for 1 hour in the milk. Then add the 4 eggs beaten in, and also the walnuts and the salt. Bake, standing the tin in a dish of water until firm.

NUT ROAST

1 loaf white bread or the same quantity of scraps of bread, 1 cup walnuts (ground), salt, a grated onion, and 4 eggs.

Soak the bread in water for 10 minutes, squeezing away all the water. Add the walnuts, the salt, and the grated onion with the beaten eggs. Mix all together just enough to blend. Line the baking-tin with greased paper; turn the mixture into it, and bake 1 hour in a moderate oven. Remove from the oven 10 minutes before serving. When the roast is about ready to serve, turn it out of the tin, and remove the paper, cut the roast in slices, and serve with jelly or sauce.

MARBLED BEAN ROAST

1 pound Lima beans, 1 pound Canadian wonder beans, salt, and 2 ounces butter.

Cook the beans in separate saucepans, and rub through a sieve. Season with the salt, and stir half the butter into each dish of bean pulp. Arrange the mixture in the dish, putting in first a spoonful of the white pulp, then a spoonful of the red. Continue in this way until the mixture is all used. Smooth over the top with a knife, and bake in moderate oven till mealy. If the pulp is dry, this will not take more than 1 an hour. Invert the tin, and the beans should come out a perfect loaf.

RIBBON BEAN ROAST

This roast is made in the same way or with the same ingredients as marbled bean roast; but instead of putting it in by spoonfuls, the mixture is spread in alternate layers. Cut the roast in slices to serve.

NUTTOLENE ROAST

1 pound nuttolene, 1 pint water, salt, herbs, and zwieback crumbs.

Mash the nuttolene, add the hot water, and beat to a cream. Season to taste and thicken with the crumbs till stiff enough to retain its shape when moulded. Press into an oiled bread pan, and bake about 1 hour.

RICE AND NUT ROAST

1 pint cooked rice, 1 cup chopped mixed nuts, 1 cup bread-crumbs, salt, and onion juice to flavour.

Mix all well together, and bake.

CEREAL ROAST

2 eggs, 1 heaping tablespoon butter, $\frac{1}{2}$ cup ground nuts, $\frac{1}{2}$ pint milk, 1 cup finely chopped celery, salt, grated onion to flavour, and 1 cup granola.

Beat the eggs with milk, and mix all well together. Let stand 15 minutes, then bake until well browned.

PEANUT ROAST

1 pint stale fine bread-crumbs, 1 cup peanut butter ($\frac{1}{2}$ pound), 1 cup milk, $\frac{1}{2}$ onions, 1 cup mashed potatoes, 2 eggs, salt to taste, and a little thyme if desired.

Mix the nut butter with the milk till smooth. Beat the eggs, and add; stir in the crumbs, etc. Have the mashed potatoes hot. Mix all well, and bake 1 hour. Turn out from the tin, and garnish with parsley and little mounds of red currant jelly.

SANITARIUM ROAST

$\frac{1}{2}$ pint bread-crumbs, $\frac{1}{2}$ pint boiled rice, $\frac{1}{2}$ pound mixed nuts (ground), 3 hard-boiled eggs, 1 raw ~~egg~~, 1 tablespoon onion juice, and salt.

Cook the crumbs in $\frac{1}{2}$ pint water for 1 minute; then add the other ingredients, the lightly beaten egg last. Brush over with butter, and bake $\frac{1}{2}$ hour.

POTATO AND NUT LOAF

$\frac{1}{2}$ cups hot mashed potatoes, and 1 pound nut meat mashed, and add to the potato, which must be very dry. Pack it into a mould, and when it has settled turn out on a dish in a loaf. Brush over with oil, dust with dry crumbs, and brown quickly in the oven. Serve with fried onions.

SAVOURY ROASTS

An almost endless variety of roasts will suggest themselves to the housekeepers who plan to use up food scraps. Many little odds and ends of left-over foods may be made into healthful savoury roasts if thought is given to the combination of the foods used. I will just give one or two suggestions.

1. Steamed granola left over from breakfast, baked beans, with perhaps a little tomato or other left-over soup to moisten. Season to suit taste, and bake.

2. Nut mince or stews of any kind, thickened with bread-crumbs, and baked till brown.

3. Legume soups, if thick, may be turned into roasts by adding granola or bread-crumbs till thick enough, and flavouring with fried celery, onion, or other flavours as desired.

It is told of Philip Hecquet, a French physician who lived in the seventeenth century, that when calling upon his wealthy patients, he used often to go to the kitchen and pantry, embrace the cooks and butlers, and exhort them to do their duty well. "I owe you much gratitude, my dear friends," he would say; "you are so useful to us doctors; for if you did not keep on poisoning the people, we should all have to go to the poorhouse."

To keep in health this rule is wise:

Eat only when you need and relish food;

Chew thoroughly that it may do you good,

Have it well cooked, unspiced, and undisguised.

—Leonardo da Vinci.



Wastes in Flesh Foods

ALL meats contain much waste matter that was on its way to the eliminative organs when the animal was killed. In animals poorly bled, the waste is much more abundant. In flesh-meats are found such waste and poisonous substances as kreatin, kreatinin, and uric acid, which have a stimulating influence on the body when eaten. For this reason flesh foods are especially harmful to children.

Meat is often diseased. Whether diseased or not, if eaten in large quantities year after year, it is sure to make mischief in the body. It brings on disease of the lungs, the stomach, the liver, the kidneys, and is often a direct cause of rheumatism.

The excessive consumption of meat in this and other countries can no longer be ignored as a prominent factor in causing disease.

The average person would be greatly benefited if he restricted his meat diet, and in its place substituted other and more wholesome foods. The continual increase in the price of meats has not been an unmitigated evil. It has convinced many who formerly used large quantities of flesh foods that they could live very well without them, and at a less cost. Again, many have found that they felt much better on a simpler diet.—“*The Practical Guide to Health*,” by Frederick M. Rossiter, B.S., M.D., pages 154, 155.



Savoury Puddings and Pies

SPLIT PEA PUDDING, NO. 1

Tie split peas in a pudding cloth, leaving sufficient room to swell. Have a saucepan of water boiling; add salt and a bunch of mint to the water. Put the pudding in this, and cook about 2 hours. Cut in slices, and serve with mint sauce.

SPLIT PEA PUDDING, NO. 2

1½ pints split peas, 2 ounces butter, 2 eggs, and salt.

Soak the peas overnight. Cook in just enough water to make the pulp fairly dry. When the peas are rubbed through the colander, add the butter and the beaten eggs. Add salt to taste, mix well, tie in a floured cloth, and boil 2 hour. Put mint in the water while boiling.

NUT MEAT ROLY-POLY

3 cups flour, 1 pound copha, salt, 1 pound nut meat, and 1 cup gravy.

Make pastry with the flour, copha, salt, and a small cup of water. Mash up the meat with gravy, and spread on the paste. Roll up into a roly-poly, tie in a cloth, and boil 2 or 3 hours. Cut in slices, and serve with gravy.

YORKSHIRE PUDDING

2 tablespoons flour, salt, 1 egg, and 1 pint of milk and water mixed.

Beat all well together, and let it stand 1 hour. Pour into a hot greased baking-dish, and bake 20 minutes in a hot oven.

BAKED LENTIL PUDDING

1 pound red lentils, 3 ounces ground rice, 1 pound mashed potatoes, 1 large onion fried, 2 tomatoes, 1 piece of butter, 1 egg, salt, and herbs.

Line a basin with pastry, mix all the ingredients well together (cook lentils first), and fill the basin. Cover with pastry, tie in a cloth, and steam several hours. Serve with gravy.

NUTTOSE PUDDING

1 ounce butter, 1 pint milk, 8 ounces bread-crumbs, 1 pound nuttose, 2 eggs, salt, and chopped parsley.

Boil the milk and butter, pour it over the crumbs, and let stand till nearly cold. Chop up the nuttose, and add the beaten yolks of eggs, salt, and parsley. Beat the whites to a stiff froth, and mix in lightly. Butter a mould, sprinkle well with crumbs of brown bread, pour in the pudding, and steam 1 hour. Serve with parsley sauce.

NUT MEAT PUDDING

1 tablespoon tapioca, 1 pound nut meat, 1 onion, 1 large potato chopped small, a little marmite, herbs, etc.

Soak the tapioca in water overnight, grate the onion, chop the nut meat and mix together with salt and herbs. Put in a pastry-lined bowl, cover with pastry, and steam about 3 hours. Serve with brown gravy.

MACARONI MOULD

4 ounces macaroni, 1 cup milk, 1 cup crumbs, 4 tablespoons chopped nuts, flavouring of herbs, parsley and mace, 2 eggs, 1 tablespoon melted butter, salt.

Cook the macaroni in salted water. Pour milk over the crumbs, and let soak 5 minutes. Mix all well together; steam 1 hour.

STEAMED NUT PUDDING

Steam 2 cups granola; add 1 cup zwieback crumbs, 1 cup sago, and 1 cup tomato purée. Mix 1 tablespoon of nut butter with 1 cup of water. Stir all well together, seasoning with herbs, grated onion, and salt. Steam in a basin for 2 or 3 hours.

NUT CORN PUDDING

Chopped celery and onion, 1 pound nut cheese, 1 pound nut meat, 1 tin sweet corn, 1 cup milk, and granola.

Sprinkle the celery and the onion on the bottom of a pie-dish; slice the nut foods over this. Pour in the corn, and just

cover with water. Bake till the onion and the celery are cooked, then add the milk. Salt to taste, thicken lightly with granola or gluten, and bake brown.

Savoury Pies

TOMATO PIE, NO. 1

■ onions, 1 dozen tomatoes, oil to fry, salt, and pastry.

Slice the onions and fry in oil till browned. Put ■ layer in a pie-dish, then add ■ layer of sliced tomatoes; sprinkle lightly with granose flakes. Repeat the layers until the dish is full. Salt to taste. Cover with pastry, and bake.

TOMATO PIE, NO. 2

Make the pie ■■ above. Then cover with a nice potato crust, and bake till browned.

VEGETABLE PIE, NO. 1

Mixed vegetables, ■ cup gravy, salt, and pastry.

Carrots, parsnips, white turnips, potato, and onion, are all suitable vegetables to use; green peas and other vegetables may be added in season. Cut the vegetables up into little cubes, and cook in ■ small quantity of water. Salt to taste. When cooked, add the gravy; cover with pastry, and bake.

VEGETABLE PIE, NO. 2

1 cup haricot beans, mixed vegetables, 1 teaspoon thyme, ½ pound nut meat, salt, and slices of zwieback.

Cook the vegetables as in the foregoing recipe; also boil the beans in water until tender. Line the pie-dish with slices of zwieback. Mix the thyme and the salt in with the vegetables and beans. Pour all into the dish; slice the nut meat and put on top. Then cover with the layer of zwieback, and bake.

SAVOURY PIE

■ cup tapioca, 1½ cups bread, 2 tablespoons butter, ½ cup tomato, 1 tablespoon flour, 2 eggs, 1 onion, herbs, and salt to taste.

Soak the tapioca in water overnight. Soak pieces of bread in cold water for 1 hour; then squeeze dry. Drain the

tapioca, mix with the bread, and add other ingredients; beat one egg and mix in. Boil the other ~~very~~ hard, and cut it in slices. Pour the mixture into a deep tart plate; add the butter broken up. Cover with pastry, and bake.

NUT MEAT AND BEAN PIE

2 cups haricot beans, $\frac{1}{2}$ pound nut meat, salt, 2 ounces butter, and bread-crumbs.

Cook the beans till tender, then turn into a pie-dish; cut the nut meat in slices, and add with the salt and 1 ~~ounce~~ butter. Do not have too much of the bean broth in—just enough to moisten well. Over this put a sprinkling of fine bread-crumbs. Dot the rest of the butter on top; then bake.

BEAN AND VEGETABLE PIE

Wonder beans, onion, carrot, parsnip, and $\frac{1}{2}$ pint parsley sauce.

This is a good dish to use up left-over stewed beans. Put the ~~beans~~ in a pie-dish, also the vegetables cut small and cooked till tender. Pour over ~~the~~ parsley sauce, cover thickly with fine crumbs into which ~~the~~ melted butter has been rubbed, and bake brown. Any vegetables in season may be used.

JELLIED NUT MEAT PIE

6 ounces macaroni, $\frac{1}{2}$ pound cold boiled potatoes, $\frac{1}{2}$ pound nut meat, 1 tablespoon marmite gravy, salt, pastry, yolk of egg, and jelly stock.

Break the macaroni small, and cook in salted ~~water~~. Cut the potato into little cubes, also the nut meat. Moisten with gravy, add salt, press into a ball, and put into the centre of the pie-dish. Cover with pastry, and glaze over with yolk of egg beaten with a spoonful of water. Cut a hole in each side, and bake till nicely browned and cooked. Prepare vegetable gelatine according to directions on packet, ~~or~~ look up Vegetarian Brawn recipe (page 45). Add this to brown bean broth, pour the mixture through the holes in the pastry, and put aside till the pie is cold and the jelly set.

SAVOURY POTATO PIE

Par-boiled potatoes, finely minced fried onion, celery salt, parsley, brown gravy, and marmite.

Slice a layer of potatoes into a baking-dish, and sprinkle over them some fried onion and a little celery salt. Repeat ~~the~~ the dish is full. Stir ~~a~~ spoonful of marmite into some brown gravy, and pour ~~over~~ the potatoes, etc. Cover with pastry crust, and bake 1 hour.

CHESTNUT PIE

2 pounds chestnuts, 1 stick celery, 1 large onion, 1 ~~onion~~ butter, salt, and wheatmeal pastry.

Boil the chestnuts till partly tender, and remove the skins. Cut the celery and onion up, and stew till tender in just sufficient water. ~~Mix~~ with the chestnuts, add the butter and the salt, cover with wheatmeal pastry, and bake.

MACARONI PIE

~~1~~ ounces macaroni, ~~1~~ onions, 2 ounces butter, ~~1~~ cups bread-crumbs, 2 eggs, and 2 cups tomato purée.

Cook the macaroni, fry the onions in butter, add the purée and 2 well-beaten eggs; put into a pie-dish, cover with crumbs, and bake.

SANITARIUM NUT MEAT PIES

~~1~~ pound nut meat, 1 teaspoon marmite, 1 onion, herbs, salt, 1 cup brown gravy, 1 tablespoon granola, ~~1~~ cup tomato purée, and pastry.

Fry the onion brown, and mix in the marmite and the gravy, the herbs, and the salt. Add the nut meat cut in small blocks. Simmer for ~~a~~ few moments, then cool. Line patty pans with pastry; put in ~~a~~ spoonful of the mixture, cover with pastry, crinkle round the edges, cut a little hole in top, and bake. Brush over with milk.

NUTTOLINE AND NUT MEAT PIE

~~1~~ pound nut meat, ~~1~~ pound nuttolene, browned flour, 1 sliced onion, pastry, and salt.

Cut the nut food into slices, and sprinkle with browned flour; ~~mix~~ with water, and bake till a nice gravy results. Then cover with pastry, and bake.

EGG PIE

1 onion, 3 or ~~4~~ tomatoes, 6 hard-boiled eggs, mashed potatoes, crumbs, salt, parsley, ~~and~~ butter.

Fry the onion and slice ~~the~~ tomato, and put them in a pie-dish with salt and finely minced parsley. Cut the eggs in

halves, mix them in and cover with freshly mashed potatoes. Scatter bread-crumbs on top and dot over with butter. Bake 1 hour.

BEAN AND TOMATO PIE

1 cup each of Lima and haricot beans, $1\frac{1}{2}$ cup Canadian wonder beans, 1 onions, salt, tomato purée, and pastry.

Cook the beans till tender in just enough water so that there will be a little thick broth when the beans are cooked. Boil the onions with the beans, add 2 cups of tomato purée, cover with pastry, and bake.

NUT AND POTATO PIE

2 onions, 1 stick celery, $\frac{1}{2}$ pound nut meat, 6 potatoes, stock, 1 spoonful of nut butter, salt, thyme, and pastry.

Chop up the onion and the celery, and put a layer of same in a pie-dish; cover with a layer of sliced potatoes and the nut meat cut in thin slices, and sprinkle with salt and thyme (lightly). Repeat in this order until the dish is full, then pour over some bean stock in which the nut butter has been rubbed smooth. Cover the dish, and set in the oven to cook until the vegetables are tender; then cover with pastry, and bake.

POTATO PIE

8 potatoes, 2 onions, 2 ounces butter, 8 tablespoons browned oatmeal, salt, parsley, and thyme.

Slice the potatoes and the onions, and fill a pie-dish. Brown the oatmeal on a baking-dish in the oven, and sprinkle this, as well as the salt and minced parsley and thyme, over the potatoes. Add a little water, cover with pastry crust, and bake about 1 hour.

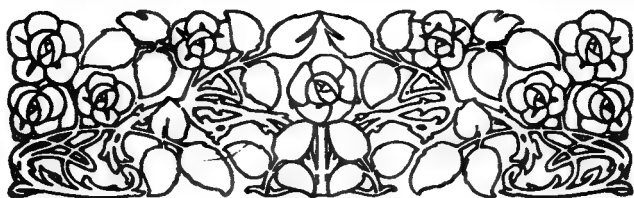


Natural Foods Best

THOSE foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health and ~~weakness~~ weakness instead of strength. We cannot safely be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.

In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. "Behold," He said, "I have given you every herb yielding seed, . . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food." Gen. 1: 29, A.R.V. Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also "the herb of the field."

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, ~~are~~ the most healthful and nourishing. They impart a strength, a power of endurance, and a vigour of intellect ~~that~~ are not afforded by a more complex and stimulating diet.—"*The Ministry of Healing*," by Ellen G. White, pages 295, 296.



STEWs AND FRICASSEES

WHITE NUT FRICASSEE

1 pint milk, 2 tablespoons flour, 1 ounce butter, yolk of 1 egg, and $\frac{1}{2}$ pound nuttolene or nut cheese.

Make a good thick sauce of the milk and the flour; to this add the butter. Remove from the fire, and stir in the beaten egg yolk, and salt to taste. Cut the nut food into dice, and stir it into the sauce. Keep it very hot for about 15 minutes to well heat the nut foods, but do not boil after the egg is in it.

SPICED VEGETABLE STEW

Mixed vegetables, a little cinnamon and minced garlic, and copha.

Melt some copha in the stew pan. Add the garlic and cinnamon, just a pinch, and some sliced onions. Cook for a few minutes without browning, then add as much cold water as necessary, and boil up. Put in the different kinds of vegetables cut in slices, and stir gently till tender. A few bread-crumbs may be put in to thicken the stew if desired.

VEGETARIAN SALMON FRICASSEE

1 pound nut meat, 1 pint tomato purée, $\frac{1}{2}$ cup celery leaves, the juice of 2 or 3 lemons, $\frac{1}{2}$ cup olive oil, $\frac{1}{2}$ cup No. 3 gluten, and salt.

Mash up the nut meat, and mix with the tomato and oil. Chop the celery leaves very fine, and add with $\frac{1}{2}$ lemon juice; lastly stir in the gluten, and salt to taste. Simmer for about 1 hour. Serve with boiled rice.

NUT MINCE SCALLOP

1 onion, a piece of celery, 1 pint white bean broth, $\frac{1}{2}$ pint milk, 2 hard-boiled eggs, 1 slice nuttolene, parsley, and salt.

Chop the onion and the celery fine, and boil in as little water as possible. Add the broth, also eggs and nuttolene chopped small. Mix a spoonful of flour with the milk, and thicken the scallop with this. Add the finely chopped parsley and the salt. Serve on toast.

IRISH STEW

6 potatoes, 6 onions, 1 pound nut meat, and 1 cup brown gravy.

Cut the onions and potatoes in small blocks. Put them in a saucepan in layers sprinkled with salt, and with the nut meat chopped fine between each layer. Use sufficient water to come nearly up to the top of the vegetables. Mix gravy in water, and let all come to the boil. Then set back on the stove, and simmer for about 1 to 1½ hours.

TOMATO STEW WITH GLUTEN DUMPLINGS

4 fresh tomatoes, or 1 tin whole tomatoes, 1 pound nut meat, 1 bay leaves, 1 onion grated, salt, and 1 gluten puffs.

Put the gluten puffs on in a little cold water, and cook till tender (this takes ½ an hour or longer); add to the stew, and serve.

GLUTEN DUMPLING AND ONION STEW

Cook puffs as directed in the foregoing recipe. Have ready a nice white onion sauce, add the cooked puffs to this sauce, and steam a few moments.

NUT MEAT FRICASSEE WITH GREEN PEAS

1 small head celery, 1 onions, 1 cup tomato purée, 1 cup bean or other broth, 1 pound nut meat, 1 tablespoon granola, salt, parsley, and toast.

Chop the celery and the onion, and fry brown. Add the purée and broth, and then the nut meat cut small. Sprinkle in the granola, add salt to taste, cover, and simmer ½ hour. Cut bread into fancy shapes, toast and butter it, and then dip it in finely chopped parsley. Serve the fricassee with the toast and green peas.

NUT MEAT A LA VENISON

1 onion, 1 pint red grape wine, 1 tablespoon of red currant jelly, salt to taste, and 1 pound nut meat.

Cut the onion in slices as thin as possible. Put on in the saucepan, and just cover with water. Simmer till it is getting tender, and add the wine and the jelly, also the salt. Cut the

nut meat into four slices; cut these slices in halves again. Lay these in the sauce, and simmer slowly 1 hour. Serve on toast.

HARICOT RAGOUT

1 pound haricot beans, 1 large carrot, and 1 large onion.

Cover the beans with water, and cook till tender. Cut the carrot and the onion into very thin slices, and fry brown. Add these to the beans about 1 hour before serving; add salt, and simmer slowly.

FRICASSEE OF BEANS

1 pound Lima beans or haricot beans, 1 onion, 1 teaspoon cloves, 1 lemon, 1 ~~cup~~, salt, and milk.

Put the beans on to cook in sufficient water, with the onion left whole and the cloves tied in muslin. When the beans are tender, remove the onion and the cloves. Pour off the liquid, add to it a little milk, the juice of half a lemon, 1 beaten egg, and 2 hard-boiled eggs chopped small. Pour back over the beans, and make hot but do not boil.

NUT MINCE

Mince nut or almond meat, sprinkle with flour, herbs, salt, and a scrap of nutmeg. Melt a piece of butter in a saucepan, and put in the mince with a little brown gravy. Simmer 1 hour, add a little tomato purée, and serve with toast.

CHINA CHILLO

1 pound nut meat, 1 onion, 1 heart lettuce, 1 pint green peas, 1 cup water, and 2 ounces butter.

Mince all up finely, and simmer 1 hour. Serve with rice.

MACARONI IN TOMATO

1 onion, 1 pint tomatoes, 1 cup bean broth or water, 1 ounce butter, 1 cup cooked macaroni, and salt.

Slice the onion into the stew-pan; add the tomato either fresh or canned, the broth, butter, and salt. Simmer till the onion is tender; add cooked macaroni.

HARICOT SAVOURY

1 large cup haricot beans, 1 onion, 1 apple, a dessertspoon sugar, salt, cocoanut milk, and 1 lemon.

Soak the beans overnight, and rub off the skins. Fry the onion and the apple in butter till brown. Add the beans, cocoa-

nut milk, and sufficient water to cover the beans. Add the sugar and the salt. Cover, and cook very slowly till the beans are soft; then add lemon juice. Serve with rice.

SPAGHETTI A LA SOUBISE

1 onion, 1 ounce butter, 1 cup milk, 1 slice nut cheese, and 1 cup spaghetti.

Salt the onion, cook without browning, and saute in the butter in the saucepan for 10 minutes. Add the milk and the nut cheese chopped fine. Cook the spaghetti carefully, and add it to this sauce. Serve with hot toast.

SUCCOTASH

1 pound Lima beans, 1 tin sweet corn, and salt to taste.

Cook the beans till tender, and add the corn and the salt. Boil up for a few minutes.

NUT AND TOMATO STEW

1 pound nut meat, 1 pint tomato purée, 1 cup water, salt.

Mix the water and the tomato, and add the salt. When boiling, add the nut meat in blocks. Simmer 1 hour.

MACARONI AND NUT STEW

1 cup macaroni, 1 pound nut meat, salt, and gravy.

Cook the macaroni, strain nearly all the water off, and add the nut meat cut in blocks, the salt, and a little gravy. Simmer about 1 hour.

STEWED SWEET CORN

1 pint milk, 1 tablespoon flour, 1 tin corn, and salt.

Heat the milk and thicken with flour. Add salt, stir in 1 tin of corn, and simmer a few minutes.



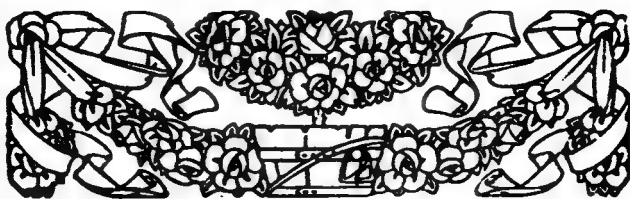
Natural Food Makers

PLANTS are the natural food makers. No life need be taken to obtain food for them. In fact, it is the life in them that provides food. Life makes them grow from seed to plant, from plant to fruit, from fruit to seed. Life so abounds in the whole plant world that there is food enough for all, for plants and animals and men. It is living food, of the purest quality.

In making every pound of food manufactured by plants, from two hundred to three hundred pounds of water are used. Sunshine and air are also used, so that when we eat plant foods we are taking into our bodies stored sunlight, oxygen, nitrogen, and pure, distilled water.

No man could put these things into food. No man could invent or make a food. The manufacturing power is revealed through the life of the plant, and no man knows the secret of life.

There is abounding life in grains and nuts and fruits even when they are cooked. These foods contain no poisons. Meat is a second-hand food, the very best. The wheat, the corn, the vegetables, the albumen, the nitrogen, the fat in the meat, had all been obtained by the animal from plants. As second-hand clothes and second-hand furniture are neither so clean nor so durable as clothes and furniture fresh from the makers, so with second-hand foods.—“*The Practical Guide to Health*,” by Frederick M. Rossiter, B.S., M.D., pages 155, 156.



EGG DISHES

"Eat to live, but do not live to eat."

EGG yolks are rich in mineral salts and in the fat-soluble vitamins. The white of the egg is rich in proteid. While the egg whites should be used sparingly if other foods rich in proteid are used (as milk, nuts, legumes, etc.), the yolks are always wholesome, and egg dishes form a pleasant change from other proteid foods. Eggs cooked with tomatoes are a wholesome and appetising dish, and one which most people relish.

Following are a number of simply made egg-dishes. A change from time to time will give pleasing variety:—

GRANOSE AND NUT OMELETTE

½ cups granose flakes, 1 tablespoon olive oil, 1 pint milk, 2 eggs, ½ cup chopped nuts, and salt.

Mix all together, and bake till set.

BAKED MACARONI

Boil macaroni in salted water till tender, then put in a pie-dish, cover with white sauce, and sprinkle a few bread-crumbs on top. Bake till nicely browned.

EGG TOAST

Boil 4 eggs for ½ hour, then put them in cold water. Put 1 ounce of butter in a pan, add 1 teaspoon flour and mix; pour in ½ pint hot milk, add salt to taste and boil up. Cut the eggs in halves, and lay them in the sauce. Serve on toast.

TOMATO EGGS, NO. 1

½ large tomatoes, 4 eggs, 1 tablespoon milk, 2 ounces butter, and salt and parsley to taste.

Cut the tomatoes in halves, remove some pulp, and bake them until just tender but not broken. Beat the eggs and mix them with the pulp and butter, and stir over the fire in a stew

pan until thick. Fill the tomatoes with this egg mixture, sprinkle a little parsley over them, and serve on toast.

TOMATO EGGS, NO. 2

Stew some tomatoes, and season with salt and butter. Cut several slices of bread into little rounds, daintily toast them, butter and keep hot. Poach the number of eggs required, place them on the buttered toast, pour the tomatoes round them, and garnish with parsley.

EGGS IN ONION SAUCE

3 onions, 4 eggs, 1 spoonful flour, 1 pint milk, copha for frying, and salt to taste.

Cut the onions in three slices, and saute them (fry without browning) in the butter. When cooked, take out the onions and mix the flour in the pan; add the milk to make a smooth sauce, and put in the onions and simmer till very tender. Cook the eggs till hard and remove the whites, leaving the yolks whole. Cut the whites in slices and add to the sauce, also the whole yolks. Serve very hot.

SCALLOPED EGGS

8 eggs, 2 cups fine bread-crumbs, 1 cup milk, 1 ounce butter, and salt.

Boil the eggs hard and cut them in thin slices; fill the pie-dish with alternate layers of the eggs and crumbs. Make the milk hot and pour it over, and sprinkle a few more crumbs on top. Then break the butter into small pieces, and sprinkle it over the top. Bake brown.

GLUTEN OMELETTE

2 cups boiling milk, $\frac{1}{2}$ cup No. 3 gluten, eggs, and salt.

Sprinkle the gluten into the boiling milk and cook about three minutes, then let it cool a little. Now add the eggs well beaten and the salt. Bake in the oven till well and nicely browned.

SPANISH OMELETTE

1 onion, 1 ounce copha, 4 eggs, 4 tablespoons water, and salt.

Slice the onion very thinly, and cook till brown. Melt the copha in a frying-pan, beat the eggs well (separating whites and yolks), and add the water and the salt. Pour this into the pan with the onions. Shake, lift up one side and let the

soft portion run underneath. Brown lightly, fold over, and serve at once.

PLAIN EGG OMELETTE

Separate whites and yolks of 2 eggs. To the yolks add 1 spoonful of milk and a pinch of salt to the whites. Beat both up stiff, fold together, pour into an oiled pan, and cook slowly on top of the stove till browned and cooked underneath. Hold before the fire till brown the top. Serve at once.

FOAM OMELETTE

Make as above. Preserve some of the white beaten stiffly. Spread it on the omelette when set; fold it over, when the white will burst out like a border of foam.

TASTY EGG DISH

Roll some hard-boiled eggs in pastry; brush over with beaten egg, and roll in fine crumbs. Fry or bake brown. It may be served hot or cold.

EGG CROQUETTES

1 hard-boiled egg, 1 gill of panada, salt, and parsley.

For the panada, melt 1 ounce of butter, add 1 ounce of flour and cook, pour in 1 gill milk and stir till it thickens. Grate the yolk and chop up the white of egg finely, mix into the panada, turn out to cool, shape into croquettes, and fry brown.

EGGS A LA MODE

1 cup bread-crumbs, 1 cup milk, 4 eggs, and salt.

Soak the crumbs in the milk, beat the eggs until very light, and add salt to taste. Pour this mixture into a buttered sauce-pan, stir gently over a cool fire till set, and serve hot on squares of buttered toast.

PEARL BARLEY OMELETTE

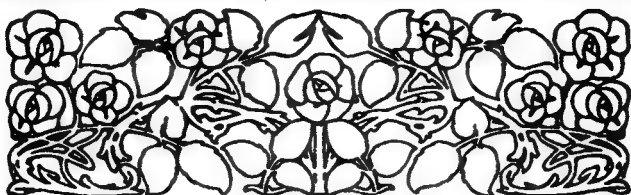
1 cup cooked barley, 2 cups milk, 2 eggs, and salt.

Beat the eggs and mix with milk and add salt to taste. Pour over the barley in the pie-dish, and bake till set.

MACARONI WITH SWEET CORN

1 cup macaroni, 1 cup sweet corn, 2 tablespoons zwieback, and 1 egg well beaten.

Cook macaroni in boiling salted water. Strain, and add the sweet corn, zwieback crumbs, and egg. Salt to taste. Bake in a pie-dish till well heated through.



VEGETABLES

"All bad cooks should live exclusively upon their own productions, so that they may be eliminated gradually from the face of the earth."—*Sir James Crichton Browne.*

VEGETABLES are frequently spoiled by bad cooking. When skilfully cooked, vegetables are delicious; badly cooked, they are insipid.

Vegetables should be put on in boiling water. Peas, after shelling, may be dropped into cold water and any imperfect specimens which come to the top removed; the peas should then be put on to cook in sufficient boiling water to cover them. Salt should be added, and the peas allowed to cook gently until they are done and the water is reduced to one-third its original quantity. The addition of a little butter or cream enriches the flavour.

Inasmuch as the greater part of the mineral matter and the flavouring substances lie next to the skin in vegetables, the latter should be scraped or thinly pared. Carrots, for instance, should be scraped. Potatoes should be thinly pared. The most wholesome way of cooking potatoes is baking them in their jackets in the oven; by this method all the mineral salts of the potato, which lie next to the skin, are retained.

Tomatoes, lettuce, water-cress, etc., are rich in potash salts, and may be used in salads, or eaten raw in other ways. Tomatoes also lend themselves readily to many appetising cooked dishes.

If possible, vegetables should be used the same day they are picked. Do not try to keep vegetables by standing them in water, as if they are stood in water for any length of time, much of the mineral salts they contain will become dissolved. Vegetables should be stored in a cool, dark place. If vegetables are old, they may be freshened somewhat by standing them in water for 1 hour before cooking.

In the plain cooking of vegetables, steaming or baking are generally preferable to boiling, as by the two former methods the vegetable salts are retained.

BOILED POTATOES

Scrub the potatoes with a vegetable brush; then dry them with a cloth and pare very thinly. Drop into cold water, and rinse. Unless they are small the potatoes should be cut till they are all about the marble size. Put them at once into boiling water; use only sufficient water to nearly cover them. Do not boil rapidly, but cook gently for 15 minutes. Then strain off nearly all the water, return to the stove, and sprinkle lightly with salt. Cover close, and finish cooking till the remaining water is absorbed, when the potatoes will be nice and floury. Serve at once.

POTATOES BOILED IN JACKETS

Select medium-sized potatoes; scrub them well, and rinse in cold water. Put on to cook in boiling water, to which a sprig of fresh mint has been added, also a little salt. Boil gently until tender when tried with a skewer. Then strain, and set back on the stove for a few minutes to dry thoroughly. Then remove the skins and serve. This is the nicest way of cooking new potatoes, but old potatoes are also very nice cooked according to this method. It is one of the most economical ways because the mineral elements are retained and there is no waste of the nutritious part of the potato which lies next to the skin.

STEAMED POTATOES

Potatoes for steaming may be pared or steamed in their jackets. Place in a steamer over a saucepan of boiling water, which must be kept boiling all the time or the potatoes will become "soggy." As soon as they are cooked, remove the steamer from the water and stand it on a warm part of the stove until the potatoes dry. Steamed potatoes take a little longer to cook than boiled ones. If desired, some mint and salt may be added to the water.

BAKED POTATOES (IN JACKETS)

Choose potatoes of uniform size, large smooth ones being the nicest for baking. Scrub with a brush and rinse in several waters. Dry with a cloth, and bake in a moderately hot oven for about 1 hour. Turn them over occasionally while cooking,

and take care that the skins do not become burnt. When cooked, remove from the oven, crack each one open, and serve on a folded serviette in a hot dish.

ROAST POTATOES

Pare potatoes, and lay them in a baking-dish. Dust them lightly over with flour and a sprinkle of salt. Dot little pieces of copha over them, and add a cup of water. Set in a hot oven, and bake about 30 to 40 minutes according to size. Oil may be used in place of copha.

RICED POTATOES

A little potato "ricer" may be purchased at any ironmongers. Boil the potatoes in the ordinary way. Place one in the ricer and squeeze it through, when it will fall like so many grains of rice. Riced potatoes make a very dainty dish.

MASHED POTATOES

Do not use a heavy masher, but use a large fork or a wire whip and beat the potatoes until very light. A little milk or cream may be added while beating.

CABBAGE

Choose a cabbage crisp and firm. Remove all outer leaves and cut the heart into quarters, removing the thick part of the stalk. Leave for a time in cold salted water to remove any insects. Rinse well, and put on to cook in rapidly boiling water. Do not cover the saucepan. Directly the cabbage is cooked (the time for cooking will vary according to the age—1 hour should be sufficient), drain off all water, wash very lightly, chop up fine, and serve in a hot dish. Do not overcook cabbage; indeed it is considered more digestible if eaten raw as a salad.

CAULIFLOWER

Remove the rough outer leaves from the cauliflower, but the young tender leaves are nice cooked with the flower. Soak for a few minutes in cold water with salt added to it; and if there are any grubs or other insects on it, this will cause them to come out. Tie the cauliflower in a piece of butter muslin, and put it into a saucepan of boiling water with the flower up. When partly cooked pour off most of the water, and let it finish cooking. By doing this the stalk will get tender without break-

ing the flower. Lift out, and drain a moment. Remove the cloth, place the cauliflower in a hot dish (it should be quite whole and white), and pour over it parsley sauce, or the marmite may be served in a tureen.

FRENCH BEANS

French and other green beans need to have the "strings" carefully removed. Cut off the ends and carefully along each side of the bean—this is not necessary if they are very young. Cut into the desired size. Cook in an enamelled saucepan—just cover with boiling water. Add a little salt, and cook about 1 hour or less according to the age of the beans. Many people use soda to keep the beans green, but this is not good. If the beans are cooked uncovered and taken up as soon as cooked, they will remain green.

SILVER BEET AND SPINACH

Silver beet and spinach are cooked in the same way. Cut off the stalks, and soak the leaves in a dish of cold water for a time; then wash each leaf separately so much grit clings to them. Rinse in more clean water. Use as little water as possible for cooking these greens, and do not use a large amount of salt. Leave the saucepan uncovered while cooking. Very young spinach cooks in about 15 minutes. Do not overcook. Drain off all water, pressing it out with the back of a saucer. Chop up well, add a little butter or cream, and serve with a slice of lemon. Young turnip tops are nice cooked this way.

SILVER BEET IN TOMATO, MARMITE, ETC.

The stalks of silver beet make a nice vegetable dish. Cut them up in small pieces, and cook till tender in boiling water. Drain off all water, and pour over the silver beet a nice tomato or marmite sauce, and let stand in the sauce on the stove about an hour before using.

BOILED BEETROOT

Choose beetroot of uniform size. Do not cut off the leaves too closely or the beets will bleed and lose all their rich colour. Put on to cook in boiling water (without salt), and cook steadily for 1 hour—if old they will require longer cooking. Drain off the water, and put them under a tap of running water; rub off the skins. Cut into thin slices, sprinkle with fine salt and some

sugar, and pour ~~over~~ lemon juice to taste. If it is desired to use them hot, the beets may be served whole with cream sauce.

BAKED BEETROOTS

Beetroots may be cooked in their jackets like potatoes; or they may be par-boiled, then peeled, and put into a baking-dish with a little water and a piece of copha or butter, and baked until cooked. They should be basted well from time to time while cooking.

STEAMED VEGETABLE MARROW OR PUMPKIN

Vegetable marrow being of a watery nature is better steamed than boiled; the same applies to pumpkin. Peel the marrow ~~or~~ the pumpkin, and remove all seeds. Cut into neat pieces, and place in a steamer over boiling water. The marrow, squash, ~~or~~ pumpkin may be cooked whole if desired. Peel carefully, cut off the top, and scoop out ~~all~~ seeds. Rub over with a little salt, stand in the steamer, cover close, and steam until tender. Dish up whole into the vegetable dish, fill with a thick white sauce, and sprinkle over with chopped parsley.

STUFFED VEGETABLE MARROW

1 small marrow, seasoning (made of bread-crumbs, herbs, and salt, a little butter, and 1 egg), copha.

Peel the marrow, cut off one end, and scoop out ~~all~~ the seeds; fill with the seasoning, and fasten on the end with a skewer. Put in a baking-dish ~~with~~ some copha, sprinkle with salt and flour, and add a little water. Bake till a nice rich brown, basting often. Serve with apple sauce and brown gravy.

BAKED PUMPKIN, NO. 1

Many people like pumpkin best when baked in the shell. Wash the pumpkin over, then divide into portions for serving. Lay in a baking-dish, and pour in just a little water. Sprinkle with salt, and bake for 1 hour, or longer if necessary.

BAKED PUMPKIN, NO. 2

Peel the pumpkin, and remove all seeds. Cut in neat pieces, not too small. Lay these in a baking-dish, pour over a cup water, sprinkle with salt, and dot over ~~with~~ pieces of copha, or pour oil over. Bake till soft—about 1 hour—basting frequently. When cooked, the pumpkin should be a nice brown colour.

BAKED PUMPKIN, NO. 3

Pare the pumpkin whole, cut off the top, and scoop out all seeds. Rub some salt into it, and fill the pumpkin with seasoning as for vegetable marrow. Put in a baking-dish, pour over a little hot water, sprinkle with flour, and bake until cooked, basting and turning as needed. This will take 1½ to 2 hours, as it needs to be carefully cooked so as not to scorch the top.

BAKED TOMATO

Wash the tomatoes, arrange them in an enamelled baking-dish, and cook in a moderate oven, taking care not to break the skins. They should be quite whole, yet cooked till soft through—about 15 to 20 minutes.

BOILED EGG PLANT

Pare the egg plants, cut in halves, and cook in boiling salted water until tender. Drain, and serve with cream sauce.

EGG PLANT CUTLET

Pare the egg plants, and cut in thick slices (raw), dip in beaten egg, and roll in fine granola or gluten. Heat some olive oil to boiling-point in the frying-pan, put in the cutlets, and fry slowly till cooked through. Serve with brown gravy.

GREEN PEAS

Very young green peas require but little cooking. Nearly cover with boiling water, and cook about 15 minutes (add a sprig of fresh mint and salt to taste to the water). If the peas are old, add a spoonful of sugar to the water, and they will require longer cooking.

BOILED SWEET CORN

Remove the husks and all silk from the corn, which should be young but full-eared. Have the water boiling. Cook for about 15 minutes if the corn is very young, or longer according to age, but do not cook any longer than necessary as too long cooking spoils the flavour. Spread with butter, and eat at once.

STEWED SWEET CORN

Cut off all the corn from the cob of young green corn. Put into a saucepan, and cover with milk. Boil for 15 minutes, add salt to taste and a piece of butter.

TO BOIL TURNIPS

If turnips are at all strong flavoured, it is well to boil them for a few minutes, then pour off the water, adding fresh boiling water. Drain as soon as they are tender, and serve at once. Long cooking discolours them, and renders them less digestible.

PARSNIPS

Scrape the parsnips, and, if small, leave them whole. Cook in as little water as possible, or, better still, steam them. Baked parsnips are very sweet. Boil in the usual way until about half cooked, then put into a flat baking-dish; pour over a little cooking oil or cream, and bake till brown.

CARROTS

Young fresh carrots are very nice eaten raw, and are also beneficial. Grate the carrots, and use as a salad. If boiling them, use as little water as is necessary to cook them. Steam them whenever possible.

ASPARAGUS

Cut off the tough end of the stalks, wash in cold water, and tie in small bundles with a wide tape. Stand upright in boiling water to cover. When the tips are getting tender (about an hour or less), drain off nearly all the water, and cook a little longer to thoroughly cook the stalks. Serve with a toast with a roll of butter, or white sauce if preferred.

POTATO BALLS

1 pound mashed potatoes, 1 ounce butter, 1 tablespoon boiling milk, and salt.

Add the butter and the milk to the potatoes, and beat up light. Shape into balls, brush over with beaten egg, and bake or fry brown.

BAKED MASHED PARSNIPS

Boil parsnips till tender, then drain and mash up smooth. Put them into a baking-dish, and smooth over the top with a knife. Spread a little butter or copha on the top, and bake until nicely browned.

POTATO PASTIES

Mix some mashed potatoes into a paste with one or two eggs. Roll out on a board, sprinkle with flour, and cut round with a

saucer. Put a little nut fricassee (see page 64) on one side, fold over, pinch the edges, and bake brown in a quick oven.

CARROT FLAMANDE

1 pound small young carrots, 2 ounces butter, 1 tablespoon cream, yolks of 2 eggs, salt, and parsley.

Cut the carrots in thin slices, put them into a saucepan with 1 gill water, the butter, and the salt. Cover the pan closely, and simmer till tender. Mix the yolks of eggs and the cream together, and add a teaspoon of chopped parsley. Stir into the carrots and heat through, but do not boil after adding egg.

FRENCH BEANS A LA BRETON

1 quart beans, 1½ ounces butter, 1 onion, 1 tablespoon flour, ½ pint milk, 1 teaspoon finely-chopped parsley, and 1 teaspoon salt.

Fry the onion in the butter until nicely browned; shake in the flour, add the milk, and stir till it boils. Cook the beans until tender, and then drain and add to the sauce. Simmer for a few moments, then turn into the vegetable dish, and sprinkle with the chopped parsley.

CELERY IN EGG SAUCE

Boil celery till tender in water, drain, and pour over it 1 pint of white sauce. Chop up two hard-boiled eggs, and add to the sauce. Mix together, and serve.

STUFFED POTATOES

Bake large potatoes in their jackets. When cooked, cut off the top and scoop the potato out without breaking the skins. Mash it up well with a little cream or butter and salt to taste, and beat until very light. Fill the skins again and pile up, stand the potatoes on end, and bake till a golden brown on top.

POTATO MILK PUDDING

Grate up as many raw potatoes as will three parts fill a pie-dish. Fill up the dish with milk and salt, and a little nut butter or ordinary butter. Cook slowly in the oven for 3 hours, when the pudding should be rich and creamy.

MOCK SCALLOP

Put a layer of very thinly sliced onion in a pie-dish; over this put little blocks of vegetable marrow 1 inch thick, then a

good sprinkling of bread-crumbs, add salt. Repeat the layers until the dish is full. Pour over just enough milk to moisten. Put little pieces of butter on top, and bake till brown and the onion and the marrow are soft.

CAULIFLOWER SOUFFLE

Chop up cold cauliflower, sprinkle over with a little flour, and season with salt. Beat the yolks of 3 eggs with nearly 1 pint milk; pour this over the cauliflower in the pie-dish. Beat the whites up very stiffly, and just fold in lightly. Bake till puffed up and golden brown.

SCALLOPED ONIONS

Boil 3 onions until tender, drain well, then cut them in halves, and put them in a pie-dish. Then to 1 pint of milk add 1 spoonful of butter, two tablespoons of bread-crumbs, 1 well-beaten egg, and salt. Pour over the onions, and bake till browned.

BAKED ONIONS

Boil large onions, without breaking, until nearly tender. Cut in halves, take out the centres, and fill the cavities with nicely seasoned bread-crumbs. Place in a baking-dish, add 1 little water or broth, and bake until tender and nicely browned.

CARROT PUDDING

Boil 1 carrots until quite tender, then rub them through 1 sieve. Add 1 cup of bread-crumbs, salt to taste, and 1 beaten eggs. Mix well, tie up in a cloth, and boil 1½ hours, or steam in 1 mould.

BUTTERED CARROTS

Boil young carrots until nearly cooked; then drain them, and add a piece of butter and salt to taste. Cover the saucepan closely, and simmer by the side of the fire till cooked.

CABBAGE SLAW

Cabbage is considered to be more digestible if eaten raw in salad form. The following recipe is very nice:—

Take the white heart of a good young cabbage, and chop it up finely. For the dressing take 1 cup lemon juice. Fill the cup with water, add 1 tablespoon butter, and boil together for a moment. Beat together 2 eggs and ½ cup of sugar till thick, and stir this gradually into the boiling lemon juice. When cold, pour this dressing over the chopped cabbage, and serve.

PUMPKIN AND WALNUT CROQUETTES

Rub ■ cupfuls of cooked pumpkin through ■ sieve. Add 1 beaten egg, and 2 tablespoons of melted butter, 1 tablespoon sugar, a little salt, ■ tablespoons of flour, and ■ cup of crushed walnuts. Mix well, form into croquettes, and fry in boiling hot cophā.

STUFFED BEETS

Cook some young beetroots by putting them into boiling water and boiling them ■ hour or until tender. Do not cut off the leaves too closely before cooking or the beets will bleed. When cooked, peel them, and cut level on the bottom so that they will stand upright. Scoop out the centres and fill with seasoned bread-crumbs. Pour over the beets a little gravy, and put in a hot oven until nicely browned.

POTATO PUFFS

4 cups mashed potatoes, 2 egg yolks, 2 tablespoons butter, one-third cup milk, and salt to taste.

Mash the potatoes smoothly and until quite light. Add the butter, milk, and salt. Beat the egg yolks until light, and stir into the potatoes. Turn into a baking-dish. Beat 1 egg white slightly, and dilute with 1 tablespoon of the milk; brush this over the potatoes, and bake in a moderate oven until nicely browned.

POTATO AND NUT BALLS

2 cups hot mashed potatoes, salt to taste, a little onion juice, 1 tablespoon finely chopped parsley, and 1 tablespoon butter.

Mix until quite smooth, and form into balls. Have some almonds blanched and shredded, and garnish the balls with these. Put into ■ baking-dish, and cook in oven until a golden brown.



Variety in Foods

IN order to maintain health, a sufficient supply of good, nourishing food is needed.

If we plan wisely, that which is most conducive to health can be secured in almost every land. The various preparations of rice, wheat, corn, and oats are sent abroad everywhere, also beans, peas, and lentils. These, with native or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a dietary that is complete without the use of flesh-meats.

Wherever fruit can be grown in abundance, a liberal supply should be prepared for winter, by bottling or drying.

There should not be a great variety at any one meal, for this encourages overeating, and causes indigestion.

It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at the one meal, and the vegetables at another.

The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied.—“*The Ministry of Healing*,” by Ellen G. White, pages 299, 300.



SANDWICHES

SANDWICHES make a pleasant change, and are most acceptable for children's lunches and for picnics. The bread used for sandwiches should be reasonably fresh, and the slices should be cut thinly and evenly, and scantily buttered.

GRILLED NUT MEAT SANDWICH

1 pound nut meat, 2 well-beaten eggs, 1 cup powdered granose flakes, and salt to taste.

Mix all well together, roll out thin, cut into shapes, and brown in an oiled pan. Place between thin slices of buttered brown bread.

PLAIN NUT MEAT SANDWICHES

All the different varieties of nut meat—nuttolene, almond meat, and nut cheese—may be used for sandwiches just as they are opened from the tin. Cut into thin slices, and place between slices of buttered bread. Or the nut meat may be mashed up with a fork and flavoured with a little tomato sauce and spread on the bread. It may be varied in many ways. A little finely chopped celery gives a nice flavour, so does a little finely chopped parsley. Again a crisp lettuce leaf may be placed over the slice of nut meat. Many other ways will suggest themselves.

NUT AND OLIVE SANDWICH

To prepare this filling, take a teaspoon of nut butter and mix it to a cream with a little cold water. Chop up a few ripe olives very small, and mix them with the nut cream. Place between thin slices of wheatmeal bread; no butter is required.

WALNUT SANDWICHES

Chop the walnuts very fine, and pour over them the following dressing: 4 egg yolks well beaten, the juice of 2 lemons

in a cup, and enough water to fill the cup; 1 small teaspoon salt, and 1 of sugar. Put in a basin, stand in a dish of hot water, and cook until the eggs thicken. Spread between slices of bread.

ROLLED CELERY SANDWICHES

Fresh white bread is needed for these sandwiches; slice thinly, and spread with softened butter. Use only the very tender stalks of celery, leaving the leaves on. Place one or two celery stalks on each slice of bread and butter; sprinkle a little salt on, then carefully roll up, leaving the leaf end of the celery sticking out. When rolled up, stick a tiny wooden pick in to hold the sandwich in position. Remove the pick before serving.

MARMITE SANDWICH

Marmite may be spread sparingly on thin slices of bread and butter; but I find the nicest way is to put a little butter on a saucer, and stir it until a little creamy, then add a little marmite and mix it with the butter until well blended. Then spread.

MARMITE AND EGG SANDWICH

Prepare the marmite with butter as above, and spread it on the slices of bread. Chop up a hard-boiled egg and sprinkle it over, then place the slices together and cut into shapes.

NUT BUTTER AND JELLY SANDWICH

Spread thin slices of whole-meal bread with apple, quince, or other firm jelly. Mix nut butter with a little cold water until of the consistency of thick cream. Spread this lightly over the jelly, and place slices together.

ALMOND BUTTER SANDWICH

Mix almond butter to a creamy consistency with a little cold water, add salt to taste, and spread over the bread. This butter makes a very delicious sandwich.

DATE SANDWICH

Take a cupful of dates, and remove the stones and ends. Place the dates in a basin with a tablespoon of hot water, cover over with a plate and let them steam for a few moments on the stove; then beat the dates up with a fork until soft and smooth. When this paste is cold, it is ready to spread on

bread and butter. Some think that a squeeze of lemon juice is an improvement to these sandwiches. If lemon juice is used, it should be squeezed into the dates while they are being beaten; it will then be blended thoroughly.

DATE AND COCOANUT SANDWICHES

These are made as above; but just before putting the sandwiches together, sprinkle desiccated cocoanut over the date mixture.

WALNUT AND DATE SANDWICHES

Take 1 cup stoned dates and 1 cup walnut meats. Chop them up well together or, better still, pass them through a small food chopper or nut mill. Spread on slices of bread.

APPLE AND RAISIN SANDWICHES

Peel and core several sweet apples and grind them through a nut mill, adding while grinding about half as much seeded raisins as there is apple pulp; a little dust of cinnamon may be added if desired. The mixture is then ready to spread on bread.

BANANA AND CREAM SANDWICHES

Peel 3 bananas and mash smooth, using a silver fork; add to the bananas 1 tablespoon of thick cream. Split several granose biscuits and spread them with the banana and cream mixture. These sandwiches should not be prepared too soon, as the banana is likely to darken.

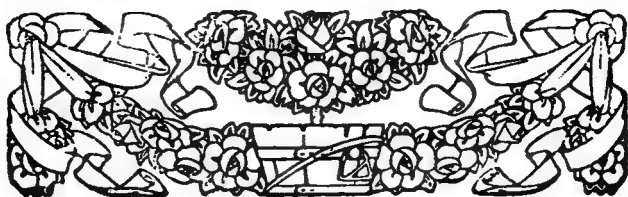
COCOANUT CREAM SANDWICHES

Take 2 tablespoons of butter and 1 tablespoon of castor sugar. Beat together until the sugar is dissolved and all is light and creamy. Add a little desiccated cocoanut and it is ready for use, either between slices of bread or granose biscuits.

SOME OTHER FILLINGS FOR SANDWICHES

The name only will be necessary; the mode will suggest itself:—

Tomato	Strawberry or other conserve
Celery	Egg scrambled in tomato
Lemon cheese	Nut meat and tomato sauce
Lactic acid cheese	Dried figs
Raisins	Nuttolene and marmite
Egg	Finely chopped parsley



DESSERTS

"The healthiest feast costs the least."

RICH puddings and pastries **are** not healthful. They are difficult of digestion and subject to fermentative changes in the stomach, thus producing auto-intoxication, or poisoning of the system. Large quantities of milk, sugar, eggs, and butter should not enter into desserts. However, most people **are** fond of desserts, and such **are** wholesome if simply made and partaken of in moderation. And it is surprising what a number of simple and yet tasty and pleasing desserts may be made.

It is well to remember, however, that the best and most wholesome desserts are fruits in their fresh, raw, natural state; dried fruits, such **as** dates, raisins, prunes, and figs; and (used moderately on account of their richness in nutritive value) nuts, such **as** almonds, walnuts, Brazil nuts, and filberts. Well-soaked or stewed prunes **are** an excellent dish for children, and few children will refuse dates, figs, or raisins, or dishes into which they largely enter. Many medical authorities declare that raisins and other dried fruits prolong life. In the drying of fruits, however, sulphurous acid should not be used. Fruits simply dried in the sun are excellent substitutes for fresh fruits.

If dried fruits (prunes, apricots, peaches, nectarines, and apples) **are** well soaked before stewing—soaked, say, from 12 to 24 hours—they will become almost like fresh, ripe fruit, and they will require but little cooking. After the long soaking, let them simmer slowly till done. By this method the natural flavour will be retained, and little or no sugar required. If the dried fruits are first washed in warm water for a short time before soaking, they may be cooked in the water in which they have been soaked. In this way **none** of the valuable **elements** are lost that have been dissolved in the water. Dried fruits soaked for 24 hours or longer really need no cooking at all.

Puddings

COTTAGE PUDDING

1 cup sugar, 1 tablespoon butter, 3 eggs, 1 cup sweet milk, 2 cups flour, 1 teaspoon salt, 1 tablespoon ground rice added to the flour.

Rub the butter and the sugar to a cream, and beat in the egg yolks. Then add the milk alternately with the flour. Bake in a buttered mould about $\frac{1}{2}$ hour, and serve with sweet sauce.

ROYALTY PUDDING

2 ounces flour, 4 ounces sugar, 2 eggs, 1 pint milk, 2 ounces sultanas, and a little nutmeg.

Mix the flour with the milk, then add the sugar, the well-beaten eggs, and the sultanas. Flavour with nutmeg, and bake in small basins for about $\frac{1}{2}$ hour.

ORANGE OR LEMON PUDDING

$\frac{1}{2}$ pound butter or copha, 3 eggs, $\frac{1}{2}$ pound sugar, 2 cups white bread-crumbs, and the juice and rind of 3 oranges or lemons.

Beat up the sugar and butter together until creamy, add the well-beaten eggs, then the crumbs and juice. Mix lightly, put in a buttered mould, and boil 3 hours. Serve with lemon sauce.

ECONOMY PUDDING

$\frac{1}{2}$ pound rice, $\frac{1}{2}$ pound sugar, 1 pint milk, conserve.

Wash the rice well, and boil it in water. Add the milk, and cook again till the rice is quite soft, stirring carefully; then add the sugar. Wet some little moulds in cold water, and fill with the rice. Turn out when cold, and serve with some conserve.

CARROT PUDDING

$\frac{1}{2}$ pound boiled carrots, $\frac{1}{2}$ pound bread-crumbs, 3 ounces sugar, 4 ounces butter, $\frac{1}{2}$ pound sultanas, 3 eggs, nutmeg, and a little milk—about $\frac{1}{2}$ cup.

Mash the carrots, and rub them through a fine sieve. Add the bread-crumbs and the other ingredients, and, last of all, the well-beaten eggs. Tie in a cloth, and boil 2 hours, or the pudding may be baked 1 hour.

INDIA PUDDING

$\frac{1}{2}$ pound butter, $\frac{1}{2}$ pound bread-crumbs, 1 teacup milk, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ pound seeded raisins, $\frac{1}{2}$ ounce almonds, and 3 eggs.

Blanch and chop the almonds fine, beat the butter and the sugar till creamy, and add the other ingredients except the raisins. Butter a basin, and line it all round with the raisins. Press in the mixture, and boil about 3 hours.

CUP PUDDING

1 cup flour, 1 cup bread-crumbs, $\frac{1}{2}$ cup raisins, 1 cup butter, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ pound sultanas, 1 teaspoon spice, and $\frac{1}{2}$ cup cold water.

Beat the butter and the sugar until light and add the other ingredients—the water last. Mix well but lightly; steam 2 or 3 hours.

STEAMED APPLE AND RAISIN PUDDING

$\frac{1}{2}$ ounces chopped apple, 4 ounces bread-crumbs, 3 eggs, 4 ounces sultanas, 2 ounces sugar, and a few drops of essence of lemon.

Put the bread-crumbs in a basin with the sultanas, the apple, and the sugar. Beat the eggs well, add the essence, mix all lightly, and boil 3 hours.

DELHI PUDDING

Roll out the pastry into a sheet. Have the apples peeled, cored, and sliced. Lay them on the pastry, sprinkle with grated candied lemon peel and sugar, roll up like a roly-poly, tie in a cloth, and boil 2 hours.

CURATE PUDDING

2 eggs, $\frac{1}{2}$ pint milk, 2 ounces flour, and 2 ounces butter.

Beat the yolks of the eggs with the flour and 1 tablespoon of milk. Put $\frac{1}{2}$ pint milk with the butter in a saucepan on the stove till hot, but do not boil. Add this to the eggs and flour, then add the egg whites beaten well. Mix well, and bake in a hot buttered dish for 20 minutes in a hot oven. When a very light brown, lay 2 on a hot dish, and spread with jam. Place the other 2 on top, and serve at once.

FLOATING PUDDING

1 quart milk, 4 large tablespoons flour, $\frac{1}{2}$ ounces sugar, a little salt, 3 eggs, and a few drops essence of almonds.

Have the milk nearly boiling, wet the ~~corn~~ flour, rub smooth, add the eggs well beaten, and the salt. Pour into the milk and stir till it thickens, and add the essence. (The almond flavour may be obtained by steeping a few peach leaves in the milk while heating, removing them when the milk is sufficiently flavoured.) Sprinkle half the sugar into a basin, turn in the pudding, sprinkle the remainder of the sugar over, and cover close. When cold, it will be found floating in syrup.

ALMOND AND RAISIN PUDDING

1 pound stale bread-crumbs, 2 tablespoons butter, 1 tablespoon sugar, 3 eggs, 1 pint milk, a few raisins, the juice and the rind of 1 lemon, and almonds.

Soak the crumbs in the milk, add the butter (melted), the sugar, lemon, and the well-beaten eggs. Butter a basin, arrange the almonds and raisins all around it, turn in the pudding, and steam 2 hours.

VERMICELLI PUDDING

1 pound vermicelli, 1 quart milk, 2 tablespoons marmalade, $\frac{1}{2}$ pound sugar, 1 pound raisins, and 3 eggs.

Boil the milk, then pour it over the vermicelli. Let it remain 10 minutes, then beat it up well with the marmalade, the sugar, and the raisins. Beat the eggs and add last. Turn the pudding into a buttered basin, and steam 2 hours.

FAIRY CUP PUDDING

1 pound butter, $\frac{1}{2}$ pound flour, $\frac{1}{2}$ pound sugar, 3 eggs, 4 almonds, and 1 lemon rind (grated).

Beat the sugar and the butter till creamy, then add the flour, beating all the time. Beat the eggs separately, and add. Chop the almonds very finely, and grate 1 the lemon rind. Bake 20 minutes in buttered cups.

BOILED RAISIN PUDDING

1 pound raisins, 1 pound flour, 1 pound butter or copha, 1 pound bread-crumbs, 2 tablespoons treacle, and $\frac{1}{2}$ pint milk.

Beat the butter and the treacle together, warm the milk, and add alternately with the flour and the crumbs. Then add the raisins. Boil 3 hours.

CHRISTMAS PUDDING

1 pound butter, 1 pound sugar, 11 eggs, 11 pounds wheatmeal, 1 pound sultanas, 1 pound raisins, and $\frac{1}{2}$ pound candied peel.

Beat butter and eggs to a cream. Add the eggs one at a time, beating well (it takes quite half an hour to beat this up). Add the wheatmeal next, mixing it in well; then add the fruit last. This pudding needs at least 6 hours' cooking, and may be steamed in a basin or tied in a pudding cloth and boiled. Serve with boiled custard.

STEAMED SPONGE PUDDING

Take the weight of 1 eggs in flour and sugar and the weight of 1 in butter; 3 eggs.

Cream the butter and sugar. Add the beaten eggs and flour. Steam in a buttered basin for 1½ hours.

GROUND RICE PUDDING

2 dessertspoons ground rice, 1 pint milk, 2 ounces sugar, 3 eggs, and vanilla essence.

Heat the milk, then stir in the rice; keep stirring until it thickens and is smooth. Add the well-beaten yolks of the eggs, the sugar, and the essence. Bake in a moderate oven. Beat the whites up stiffly, and spread on top of the pudding. Ornament with tiny bits of jelly. Lightly brown.

FIG PUDDING

1 pound chopped figs, 1 cup bread-crumbs, 1 cup milk, 3 tablespoons sugar, 2 tablespoons melted butter, and 2 beaten eggs.

Mix all well together, and steam for 1 hour in a buttered basin. Serve with lemon sauce.

MINIATURE BREAD PUDDING

1 pint milk, 4 tablespoons bread-crumbs, 1 ounce butter, 1 ounce sugar, 2 eggs, and a little lemon peel.

Boil the milk and the butter together, and pour them over the bread-crumbs. Cover, and leave to soak for ½ hour. Beat the eggs separately, and add the whites last. Sweeten, and add finely minced candied peel. Bake 20 minutes in buttered cups.

ARUNDEL PUDDING

2 ounces butter, 2 ounces sugar, 3 ounces sultanas, 1 ounce mashed potato, 1 ounce flour, 1 egg, and a little candied peel or nutmeg.

Beat the butter and the sugar to cream, add the well-beaten eggs, and then mix in the other ingredients. Steam in a buttered basin for 1½ hours, or bake for 1 hour.

BREAD SPONGE PUDDING

Thickly butter a basin holding 1 pint. Fill it loosely with thin slices of bread and butter, and sprinkle with grated lemon rind and sugar. Beat up 4 eggs and 1 pint milk; pour this over the bread and let it soak a little. Then twist a buttered paper over the top, and steam carefully for 1 hour.

LEMON PUDDING

1/2 pound butter, 1 pound loaf sugar, a pinch of salt, the rind and the juice of 1 lemon, 1 pound fine bread-crumbs, and 4 eggs.

Crush the sugar, and beat it together with the butter. Add the beaten eggs and the other ingredients. Steam in a buttered basin for 2 hours.

HOPETOUN PUDDING

Take 4 eggs, measure their weight in sugar and butter, and add the weight of 3 in flour. Beat the butter and the sugar, add the eggs and beat well, and sift in the flour lightly. Steam 1 hour in a buttered basin.

VANILLA CUP PUDDING

2 ounces butter, 3 ounces flour, 1 pint milk, 2 ounces sugar, 4 eggs, and 1 vanilla bean.

Put the vanilla bean into the milk, and place it on the stove and let it steep for a while. When the milk is sufficiently flavoured, remove the bean (wipe and put it away for use again), add the butter, and when the butter is melted let it stand till cold. Then work in the flour and the sugar. Lastly add the well-beaten eggs. Pour into buttered cups, and bake 1 hour. Turn out carefully.

COLCHESTER PUDDING

1 pint milk, 2 ounces tapioca, the rind of 1 lemon, 1 table-spoon sugar, pastry, stewed apple, and custard.

Bring the milk to a boil with the thin rind of a lemon in it. Take out the rind, and shake in the tapioca. Let it cook till soft and creamy. Line a pie-dish with pastry, and put a layer of stewed apple at the bottom. Pour in the tapioca, and when cold pour over a boiled custard.

DUTCH RICE PUDDING

8 ounces rice, 1 pint milk, ~~2~~ ~~ounces~~ butter, 2 ounces sugar, ~~1~~ pound raisins, a little candied peel, ~~2~~ beaten eggs, and nutmeg.

Cook the rice in the milk, then mix in all the other ingredients. Put into ~~1~~ pie-dish, and bake ~~1~~ hour.

BOILED BATTER PUDDING

~~1~~ ounces flour, ~~1~~ little salt, ~~1~~ ounce melted butter, 1 egg, and ~~1~~ pint milk.

Put the flour and the salt into a bowl, break into it the egg, and mix smoothly with ~~1~~ spoon. Add the milk by degrees, then the butter. Beat all thoroughly, stand aside for 1 hour, then beat again. Steam in a buttered basin $1\frac{1}{2}$ hours.

APPLE AND RICE PUDDING

1 cup rice, 1 ounce butter, 1 dozen apples, 2 eggs, and ~~1~~ cup sugar.

Peel ~~the~~ apples, and stew ~~them~~ with the sugar and a little water. Boil the rice in ~~water~~ until cooked, then stir it into the stewed apple. Add the butter and the yolks of eggs (beaten), and bake till firm. With the stiffly beaten whites, make a meringue for the top.

JAM SANDWICH PUDDING

Slices of bread and butter, 3 cups milk, 2 tablespoons ~~sugar~~, and jam.

Spread the bread and butter with jam, and make into little sandwiches. Fill a pie-dish nearly full with these. Beat the eggs and milk together, add the sugar, and pour the mixture over the bread. Let it stand $\frac{1}{2}$ hour, then bake.

RUSK PUDDING

Bread rusks, 2 eggs, 1 pint milk, sugar to taste, and a few drops of flavouring essence.

To make the rusks, cut ~~1~~ thick slice from a fresh loaf of white bread. Cut it up into little finger lengths, and toast in ~~the~~ oven until a golden brown and baked dry right through. Place the rusks in ~~1~~ pie-dish. ~~Make~~ ~~1~~ custard of the eggs, sugar, milk, and flavouring; pour over the rusks, and bake. Spread with apricot jam.

STEAMED CARAMEL PUDDING

1½ pints milk, ½ cup raisins, 4 eggs, 2 tablespoons sugar, stale bread, 1 tablespoon finely minced candied peel, and 1 tablespoon fructose.

Cut the bread into dice; use enough to half fill the pudding basin. Add the raisins, the peel, and the sugar. Beat the eggs with the milk, and into the milk stir the fructose. Pour this over the bread and cover closely, and steam 2 hours.

CAFE PLUM PUDDING

1 pound bread-crumbs, ½ pound flour, 4 eggs, ½ pint milk, 1 pound copha, 1 pound sugar, 1 pound sultanas, and 1½ pounds raisins.

Beat the copha and the sugar to a cream; add the eggs and beat well; then add the crumbs, flour, and lastly the milk. Mix well; boil 6 hours. This quantity makes two large puddings.

BANANA AND RICE PUDDING

½ pound rice, 2 pints milk, 2 ounces sugar, 4 bananas, and 2 eggs.

Boil the rice in water until nearly tender; drain, add 1½ milk, and boil till quite cooked. Put the sugar and ½ cup water on to boil; slice the bananas into it, and cook 10 minutes. Add to the rice, beat up the eggs, stir all together, and put into a pie-dish and bake till set.

RAISIN ROLY-POLY

6 ounces flour, 2 ounces bread-crumbs, 4 ounces copha or butter, 8 ounces raisins, nutmeg, and a little salt and sugar.

Rub the butter into the flour, add the crumbs and the other ingredients, and sufficient water (or milk and water mixed) to make the mixture into a soft dough. Shape into a roly-poly, tie in a cloth, and boil 2 hours.

STEAMED DATE PUDDING

1½ cups bread-crumbs, 2 ounces butter, ½ cup sugar, ½ lemon, 1 pound dates, and 2 eggs.

Stone 1½ dates, but do not chop them. Mix them with the dry ingredients; add the beaten eggs, and, lastly, the juice and the grated rind of the lemon. Steam for 2 hours.

RHUBARB ROLY-POLY

Make a light pastry; roll it out, and spread it with golden syrup; sprinkle over it a little sago; then put on it a layer of rhubarb, or other fruit if preferred. Roll up and tie in a cloth; boil 2 hours. Serve with cream or sauce.

APPLE BATTER PUDDING

Peel, core, and quarter some cooking apples, and put them in a pie-dish. Sprinkle well with sugar and a dust of cinnamon; make a batter with 1 cup flour, salt, 1 beaten egg, 1 cup milk, and 1 tablespoon of butter. Mix the flour and the milk first, and add the well-beaten egg last. Pour the batter over the apples, and bake in a brisk oven for about 3/4 hour.

STEAMED WHEATMEAL PUDDING

1/2 pound copha or butter, 3/4 pound sugar, 1/2 pound wheatmeal, 3 eggs, 1 pint milk, 2 pounds seeded raisins, and 2 ounces ground walnuts.

Cream the copha or butter and the sugar together. Add the eggs well beaten, then the wheatmeal and the milk, and fruit last. Less raisins may be used if a plainer pudding is desired. Steam 2 or 3 hours.

GRANOSE QUEEN PUDDING

Lightly fill a pie-dish with granose flakes. Beat 2 egg yolks with 2 cups of milk, add a little sugar, pour over the flakes, and bake until set. Spread with jam, and cover with the beaten whites of eggs which have been reserved.

Pies

COPHA PASTRY

3 cups flour, a pinch of salt, and 1 ounce copha shredded into the flour.

Grate the copha on a vegetable grater, or shave thin with a knife. Work into flour, mix with 1 cup cold water, roll out once, and it is ready, either for baked or boiled pastry. If puff paste is desired, when it is made as above and rolled out, cover thickly with shredded copha; fold up, and roll out. Repeat this once more, and set by in a cold place for 1 hour.

WHEATMEAL PASTRY

1½ cups wheatmeal, 1 pound copha, not quite 1 cup water, and salt.

Shave the copha into the flour, mix with water, roll out once, and it is ready for use.

FROSTED LEMON PIE

1½ cups boiling water, 2 tablespoons sugar, 1½ tablespoons corn flour, 1 egg, and the juice of 2 small lemons.

Blend the corn flour with a little cold water, stir it into the boiling water, add the sugar, and cook for a few moments till thick; then add the yolks of eggs well beaten and the lemon juice. Cover a tart plate with pastry, and bake. Fill with the lemon mixture, whip up the egg whites stiffly with a little sugar, and spread on the top. Lightly brown in the oven.

DATE PIE

Roll out 2 sheets of pastry, and mark into squares. Bake till a golden brown; when cooked, cut into sections. To 1 cup of stoned dates add a tablespoon of hot water and a squeeze of lemon juice. Mash up well, spread on the pastry squares, place a piece of pastry on top, and sprinkle over with powdered sugar.

LEMON PIE

1 cup sugar, one-third cup flour, 1 small cup water, rind and juice of 1 large lemon, 3 eggs, a little salt, and a few pieces of butter.

Beat the egg yolks well, and stir in the water and the flour. Grate the rind of the lemon into the sugar, add the juice, then mix with the eggs, and have a tart plate lined with pastry. Pour in the mixture, add a little piece of butter, and bake until the pie cuts nicely, about 1 hour. Meringue with egg whites.

GRAPE PIE

1 teacup seeded grapes, 1 tablespoon flour, ½ cup sugar, 1 tablespoon butter, 1 egg, and pastry.

Mix the ingredients well together. Cover a tart plate with pastry, put in the grape mixture, put a top crust of pastry over, and bake.

BANANA PIE

Boil 1 pint of milk with a few lumps of loaf sugar, and pour it over 3 beaten eggs; add 6 mashed bananas. Line the

edges of a pie-dish with puff paste, pour in the banana custard, and bake till set.

PRUNE AND APPLE PIE

Stew $\frac{1}{2}$ pound prunes with $\frac{1}{2}$ pound sugar; add $\frac{1}{2}$ pint water and 1 pound apples, peeled and cored. Let them simmer until the prunes and the apples are cooked. Turn into a pie-dish, cover with short pastry, and bake.

PUMPKIN PIE

Stew pumpkin until tender, and mash quite smooth. For each cupful of pumpkin, allow one-third cup sugar, 2 eggs, and 1 pint milk. Bake until set, with an under crust only.

Miscellaneous Desserts

RAISIN BLANCMANGE

Put 1 cupful of seeded raisins in a saucepan with 3 cupfuls of water and a piece of candied peel, and let them simmer for $\frac{1}{2}$ hour. Then mix 1 tablespoon of corn flour with cold water, add this to the raisins, and let the mixture then simmer for 20 minutes to cook the starch thoroughly. Dip some little moulds in cold water, just to wet them, and pour in the mixture. When cold, turn out and serve with custard made with 1 egg, 1 cup milk, and 1 teaspoon sugar; stir over the fire in a double boiler till it thickens, but do not boil. Add flavouring.

GRANOSE GIPSY CUSTARD

Moisten a cupful of granose flakes with a little fruit juice. Put a few of the flakes in individual glass dishes, then put in a little bright coloured jelly (apple and quince jelly are nice). Add a few more flakes to cover the jelly. Over this pour a cold boiled custard. Ornament the top with the stiffly beaten whites of eggs (reserved from the custard). On the top of the meringue put a tiny dot of jelly. This sweet both looks and tastes good.

GRANOSE MOULD

2 eggs, $\frac{1}{2}$ cups milk, 2 cups granose flakes, 1 dessertspoon corn flour, and $\frac{1}{2}$ dessertspoon sugar.

Beat the eggs with the milk, the ~~corn~~ flour, and the sugar, and put on to cook in a double boiler. When thick ~~the~~ custard ~~take~~ it from the fire, and allow to cool a little; then stir in the flakes. Wet some small blanchmange moulds (or cups), pour in the mixture, and put by till cold and set. Turn out and serve with jelly.

SNOWFLAKE BLANCHMANGE

1 cup milk, 2 tablespoons ~~corn~~ flour, 1 cup water, 2 tablespoons sugar, and 2 eggs.

Bring the milk and the water to a boil; then thicken with the corn flour rubbed smooth in a little cold water. Add the sugar, and boil a few moments. Beat the whites of 2 eggs very stiff, and fold in carefully. Set by to get cold in little moulds or cups. Serve with jelly.

CARAMEL BLANCHMANGE

This may be made as for snowflake blanchmange, only substituting 1 tablespoon fructose essence for 1 tablespoon of sugar. The fructose gives a nice caramel colour and flavour. Make a custard with the two egg yolks and the milk, and serve with the blanchmange.

MELSITOS PUDDING

$\frac{1}{2}$ pound butter, 1 cup milk, $\frac{1}{2}$ pound melsitos, $\frac{1}{2}$ pound flour, 1 egg, 2 tablespoons finely chopped candied peel, and 1 tablespoon fructose.

Beat the butter to a cream, add the melsitos (malted wheat extract) and beat it in well. Mix the fructose with the milk and the beaten egg. Mix all ingredients well together, and steam in an oiled basin 2 hours. Serve with melsitos.

LEMON SNOW

To each cup of water, use 1 tablespoon of corn flour, 1 tablespoon of sugar, and the juice of 1 lemon. Mix the corn flour with the water and the sugar, and ~~boil~~ till thickened. Add the lemon juice and the whites of 2 eggs beaten stiffly. Pour into a wet mould, and set by till cold.

APPLE SNOWBALLS

Boil 2 cups of rice in water till nearly cooked. Peel and core some apples without breaking. Then fill the cavity with brown sugar and put a clove in each. Surround each apple with rice, tie in a cloth, and boil till the apples are tender—about 1 hour.

A DAINY WAY OF SERVING PRUNES

Soak the desired number of prunes in cold water for 24 hours; ~~remove~~ from the water and dry them; then remove the stones with a sharp knife, and put a spoonful of malted nuts in the place of each. Prunes prepared by long soaking are much nicer ~~than~~ when cooked.

DAINTY DATES

These may be served the same as prunes, but do not need soaking. Cover the dates with hot water for a moment or two, then wash in cold water; ~~remove~~ the stones and fill each cavity ~~with~~ malted nuts.

GRAPE APPLES

Peel and ~~use~~ 6 large cooking apples; half fill the pie-dish with grape juice, and bake till the apples are tender, basting them frequently with the juice.

CREAMED FIGS

Put 1½ pints of water in a saucepan with 2 ounces sugar. When boiling, put in 1 pound of stewing figs; cook gently till the ~~figs~~ are quite tender. Beat up some cream (slightly sweetened) till ~~stiff~~. When the figs are cold, cut the end from each fig, remove some of the inside, and fill with cream. Arrange in a glass dish, and pour the syrup around. The syrup to be previously boiled down to half the quantity.



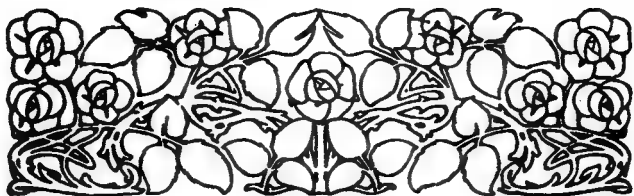
Preparation of Food

IT is wrong to eat merely to gratify the appetite, but no indifference should be manifested regarding the quality of the food, or the manner of its preparation. If the food eaten is not relished, the body will not be well nourished. The food should be carefully chosen and prepared with intelligence and skill.

For ~~use~~ in bread-making, the superfine white flour is not the best. ~~Its~~ use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions.

Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small, and so thoroughly baked that, so far as possible, the yeast germs shall be destroyed. When hot or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable.

Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided. —“Ministry of Healing,” by Ellen G. White, pages 300-302.



BREADS AND CAKES

"Though a young woman may have taken lessons in music, and may have taken lessons in painting, and lessons in astronomy, she is not well educated unless she has taken lessons in dough."—*Talmage*.

BREAD has been called "the staff of life," but this designation is not in the least merited by white bread. The designation, however, may be well applied to a sweet, nutty wheatmeal loaf. The housewife who knows how to make good wheatmeal bread, rolls, and buns is master of an art on which she may well pride herself and which will prove of the greatest value to the health and well-being of her family.

Wheat flour is deficient in lime and mineral salts, and is also lacking in vitamins, those mysterious factors which are so essential for growth and well-being. Wheatmeal is rich in all these things. A child fed upon a diet into which wheatmeal and fresh, clean, pure milk largely enter cannot but be well nourished, and will have strong bones and sound teeth. Much attention is being drawn nowadays, and rightly so, to the importance of using food rich in vitamins, and of using whole, natural articles in the place of milled, denatured, and devitalised products.

As a rule, it is easy to obtain a supply of wheatmeal. A coarsely ground meal may be used for porridge, but the wheatmeal used in bread-making should be finely ground. The more finely it is ground, the greater the proportion of wheatmeal that can be used and the loaf still be light. Some families grind their own wheatmeal by means of a small mill.

Any woman who can make white bread well can easily make wheatmeal bread, at least with a little practice. It must be remembered, however, that a greater proportion of water must be allowed when wheatmeal is used, as the bran of the wheat

absorbs ~~some~~ of the water, and this must be allowed for, otherwise the dough will be too dry. If a really nourishing loaf is to be obtained, the amount of wheatmeal used with the white flour should not be less than equal quantities of each. Some prefer a proportion of two of wheatmeal to ~~one~~ of white flour, and where the wheatmeal is finely ground a very satisfactory loaf can be turned out with this proportion. Indeed, where the wheatmeal has been very finely ground, most toothsome and nutty bread has been made practically wholly out of wheatmeal. But the housewife who made this bread had had a fair amount of practice in the home-making of bread. When the bread is made wholly of wheatmeal, or contains a very large percentage of wheatmeal, it is inclined to become a trifle dry when a few days old. But the difficulty could be obviated, where time allowed, by baking three times a week instead of twice. When properly made, home-made bread will be found to be far cheaper than baker's bread, and more satisfactory in every way.

A wonderful help in the making of bread is compressed yeast. This is recommended to every housewife. It is a great saver of time and labour, and produces home-made bread of a quality and flavour far superior to baker's bread—factors which will appeal to the busy wife and mother. There are firms that supply compressed yeast over the counter or post it weekly to country customers according to arrangements. Such firms are probably to be found in all Australian States and in New Zealand. Messrs. Mauri Brothers & Thompson, of Castlereagh Street, Sydney, may be mentioned, as well as Harrison, San Miguel Proprietary Limited, of Elizabeth Street, Melbourne.

A recipe for the making of ~~wheatmeal~~ bread with compressed yeast is given among the recipes that follow.

YEAST

To 4 cups of ~~new~~ potatoes cut in pieces, add 12 cups of water, and a large handful of loose hops (tied in muslin). Boil together until the potatoes are quite mashed up. Take from the fire, remove the hops, and ~~add~~ a cup of sugar and a handful of salt. Pass all through a sieve, and leave till cooled. Add a cup of flour rubbed smooth in ~~some~~ of the liquid. When lukewarm add 1 cup of old yeast; set in a warm place all night, remove the scum, and bottle. Keep in a cool dry place. It is ready for ~~use~~ next day, and will keep for a month. If you

have no old yeast to put in, it will have to stand a day or two before becoming fit for use; but it is well to have the old yeast to rise.

WHEATMEAL BREAD, NO. 1

To set the sponge: Put in a basin 4 cups of white flour and 2 cups of fine whole-meal; add 1 tablespoon salt. Mix with 4 cups of water and 1 cup of milk made lukewarm. Partially mix with these, then add 1 cup of yeast. Mix well, sprinkle with plenty of meal, and leave in a warm place all night. Next morning knead well with sufficient whole-meal to make a firm dough. Shape into loaves, put in buttered tins, leave till well risen (about 2 hours), and bake 1½ hours.

WHEATMEAL BREAD, NO. 2

1½ breakfast cups wheatmeal flour (fine), 4 breakfast cups white flour, 1 ounce compressed yeast, 2 pints (4 breakfast cups) warm water, 2 dessertspoons salt, 2 dessertspoons sugar.

Put the wheatmeal flour and the white flour into a basin, mix them together, and warm over the fire. Mix into this combined flour the salt and half the sugar. To make the sponge, first make a yeast mixture by dissolving the compressed yeast and the remaining half of the sugar in one pint (two cupfuls) of the warm water. Make a hole in the centre of the flour, and into this hole pour the yeast mixture, stirring gently until a light batter is formed. Sprinkle the batter with a small portion of the flour, and put in a warm place to rise, which takes about ½ hour. Cover the basin well with some thick cloths to keep the sponge warm. The sponge is ready when it bubbles all over the top of the flour. After the sponge is ready, add the remaining pint (2 cupfuls) of warm water to the sponge, and work into the flour and make the dough.

For wheatmeal bread be careful not to make the dough too stiff. Add a little more water if necessary. Turn the dough on to a floured board, and knead well for about 5 minutes. Then return the dough to the basin, cover well with cloths, and allow it to rise for about 2½ hours or until the dough is so light that it sinks immediately when touched. Care must be taken to keep it warm right through the process, especially in cold weather.

When the dough is sufficiently light, turn it on to the dough-board again. Cut the dough into the desired number of loaves.

Knead each loaf well, and place in greased tins to rise again for about 1 hour. It is then ready to be baked.

The dough should not be allowed to rise too light in the tins before baking, as this will make the bread ~~light~~ and spoil its flavour. After the bread is in the oven, it should continue to rise for the first 10 minutes while browning. Be careful not to have the ~~oven~~ too hot at first, or a hard crust will be formed, which will prevent the bread from rising well. After the first 10 minutes, the bread should brown gradually and a steady heat should be kept up in the oven till the bread is thoroughly baked. Medium-sized loaves require, ~~as~~ a rule, from 40 to 55 minutes to bake.

If the wheatmeal flour is twice ground and is very fine, 1 breakfast cupful of the whole-meal flour may be mixed with 1 of white flour in the foregoing recipe, and indeed the bread may be made entirely of extra fine whole-meal, but it must be remembered that in the latter cases more water should be used than in the recipe given. One should grow expert in the use of the recipe above given before attempting a batch made practically of entire wheatmeal.

BREAD ROLLS

1 quart flour, 1 pint milk, 1 tablespoon sugar, 1 gill yeast, 1 ounce butter, and 1 teaspoon salt.

At night put the flour in a bowl. Put the butter and the salt in the milk, and warm until the butter is melted; when lukewarm add the yeast. Mix well, and pour into the centre of the flour. Do not stir, cover, and leave in a warm place until morning. Work the dough thoroughly, and let it rise till very light. Shape into little rolls, place in buttered tins, leave to rise again, and when well risen bake.

MUFFINS

1 quart flour, 1 pint warmed milk, 1 tablespoon salt, and 1 gill yeast.

Mix at night, beating until light. In the morning pour into well-buttered muffin rings. Let it stand 20 minutes, then bake.

GEMS

To 2 cups of milk add a little salt and the yolks of 2 eggs. Beat well, then stir in, a little at a time, 3 small cups of flour (sifted). Beat until light, then fold in gently the beaten whites,

and bake in hot gem irons; a few raisins may be added. Gems may also be made with other meals instead of flour. Whole-meal, corn meal, granola, gluten, etc., all make good gems.

CREAM ROLLS

Sift 3 cupfuls of flour into a bowl, and add to it a small $\frac{1}{2}$ teaspoon of salt. Then mix into it, a little at a time, 1 cup of cold thin cream; mix it with the flour while pouring in. Knead well for 15 minutes, when it should be very smooth and elastic. Roll into rolls, and cut into finger lengths. Prick with a fork, place in a baking-dish, and bake until a golden brown and dried throughout. These rolls may be varied by cutting into long strips and twisting them up into long curly shapes; also by rolling them out into thin biscuits.

WHEATMEAL AND OLIVE OIL ROLLS

1 $\frac{1}{2}$ cups wheatmeal, $\frac{1}{2}$ cup olive oil, $\frac{1}{2}$ cup white flour, $\frac{1}{2}$ cup cold water, and salt.

Put the olive oil in a basin and pour the water on just a few drops at a time, beating all the time with a fork till it becomes white and creamy. Mix the wheatmeal, the flour, and the salt together; pour in the oil emulsion and mix well, kneading it till smooth. Break off and roll into finger lengths, and bake in a moderate oven about $\frac{1}{2}$ hour or longer. The rolls should be dry and crisp throughout.

OLIVE OIL RUSKS

Take a loaf of fresh white bread and cut it up into thick slices; cut these slices into finger lengths, and lay them in a baking-dish. Pour a thin trickle of olive oil over them, and sprinkle lightly with salt. Place in a hot oven, and bake till they are a golden brown, and crisp and dry. Keep stored in a tin.

CREAM PUFFS

$\frac{1}{2}$ pint water, 2 ounces butter, $\frac{1}{2}$ cup flour, 3 eggs, and salt.

Put the water, the butter, and the salt into a stewpan. As soon as the liquid begins to boil, take it from the fire and add the flour, mixing all in with a wooden spoon. Beat up well; add vanilla to flavour. When cooled, add the eggs one at a time, beating well. Place the mixture on a baking-dish in spoonfuls. Bake in a quick oven. When cooled, split each puff open, and fill with whipped cream.

FRUIT BREAD

Set a sponge overnight with 1 pint milk, $\frac{1}{2}$ cup yeast, and 1 pint white flour. In the morning add 2 cups raisins, 1 cup sugar, and $\frac{1}{2}$ cups whole-meal, $\frac{1}{2}$ enough to make a good dough. Knead well, and when moulded into loaves, leave till well risen; then bake, and while hot brush the top over with sugar dissolved in a little water.

CORN-MEAL BREAD

Sprinkle $\frac{1}{2}$ pint of corn meal into 1 pint of hot milk, and cook for a moment until partly thick. Take from the fire, and stir in the yolks of 4 eggs; then fold in the well-beaten whites. Turn into an oiled baking-dish, and bake. This bread is nice when hot with jelly.

GROUND RICE CAKE

12 ounces flour, 6 ounces ground rice, $\frac{1}{2}$ pound butter, 2 or 3 eggs, $\frac{1}{2}$ ounces sugar, and flavouring.

Beat the butter and the sugar to a cream, then beat in the eggs, and lastly the rice and the flour. Mix to a stiff paste, cut into thin rounds, and bake till a golden brown.

GLUTEN LAYER CAKE

4 eggs, 2 tablespoons white flour, 1 cup sugar, and $\frac{1}{2}$ cup No. 3 gluten.

Beat the whites of the eggs to a stiff froth. Beat 1 cup of sugar and the yolks of the eggs well together. Pour gently on to the whites, and fold them in; then add the flour and the gluten. Flavour, and bake 20 minutes. When cold, split and spread with jam or any other filling desired.

YEAST BUNS

For the sponge: 2 cupfuls of new milk (or warm water), $\frac{1}{2}$ cup yeast, 1 teaspoon sugar, a little salt, and about 2 cups of flour. Let it stand all night. In the morning add 1 cup sugar, $\frac{1}{2}$ pound butter, 2 well-beaten eggs, 1 cup raisins, and enough flour to make a stiff dough. When mixing, have the ingredients warm; cover over, and let it rise again. Then shape into buns, and let them rise until very light; then bake. When cooked, brush them over with sugar and water.

RASPBERRY BUNS

$\frac{1}{2}$ pound flour, $\frac{1}{2}$ pound corn flour, $\frac{1}{2}$ pound butter, $\frac{1}{2}$ pound sugar, and 2 eggs.

Sift the flour and the corn flour together; and add a pinch of salt. Beat the butter and the sugar to a cream; beat in the eggs, then add the mixed flour. Drop in dessertspoonfuls on to a buttered tin. Open the top of each bun, put in a little raspberry jam, close the opening again, and bake in a quick oven.

SPONGE CAKE

Beat together 5 eggs and 1 cup of sugar for 1 hour. Put in 1 cup of flour, and bake about 1 hour.

BOILED FROSTING FOR CAKE

Moisten 1 cup of white sugar with 2 tablespoons of water, and boil till it bubbles up well. Beat the white of an egg stiff, and pour over the syrup, stirring briskly; beat until cold, and spread evenly on the cake.

ALMOND ICING

1 pound ground almonds, 3 egg whites, 1 yolk, 1 pound icing sugar, and flavouring.

Beat the whites stiff, then add the yolk and the sugar. Mix smooth, and add the almonds. For use on cake underneath the white icing.

FRUIT ICING

Squeeze the juice of 1 or 2 oranges, and strain. Roll powdered icing sugar till free from lumps; sift it, and stir it into the juice till just thick enough to spread. Other fruits may be used, as lemons, pineapple, passion fruit, etc.

WHEATMEAL FRUIT CAKE

1 pound butter, 1 pound sugar, 1 pound wheatmeal, 1 pound raisins, and a little candied peel minced.

Beat the butter and the sugar to a cream for about 20 minutes; then add the eggs one at a time, and continue beating for another 20 minutes. Then add the wheatmeal and the fruit; mix lightly and quickly, and bake in lined tin for 1½ hours.

WHEATMEAL ROCK CAKES

1 pound butter, 1 cup sugar, 3 eggs, 1½ pounds wheatmeal, 1 pound sultanas, and 1 cup milk.

Beat the butter and the sugar to a cream; add the eggs one at a time, and beat well; then add the meal and the milk and, lastly, the fruit. Mix quickly, and put by spoonfuls on to a tin, and bake in a quick oven about 1 hour.

DATE ROLLS

Make a nice flaky pastry, and roll into a big sheet. Mash some dates smooth with a spoonful of hot water; spread over the pastry, and roll it up into long thin rolls. Cut each strip into 3-inch lengths. Place in a baking-dish, and bake till nicely browned.

DATE SLICES

Make as for rolls; after spreading the dates on the pastry, roll out another sheet of pastry and place on top. Cut into square biscuits, and bake.

COOKIES

Take $\frac{1}{2}$ pound butter and $\frac{1}{2}$ pound sugar. Cream them together, add 8 well-beaten eggs, then 2 cups of flour. Roll out into a sheet, and cut with small cutter. When baked, spread with jam or cream. Stick together, and sift soft sugar over.

MADEIRA CAKE

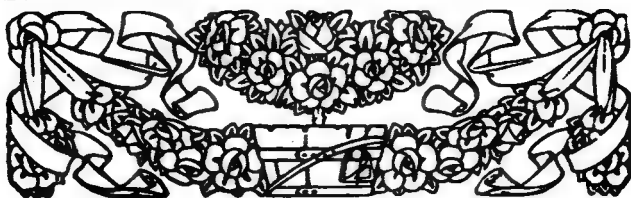
Take $\frac{1}{2}$ pound butter and $\frac{1}{2}$ pound sugar beaten well together. Add 8 eggs, one at a time, and beat for 20 minutes. Add 1 pound flour and a little essence, and put into a paper-lined tin. Smooth over the top, dust with icing sugar, and put very thin strips of candied peel on top. Bake about 1 hour in a moderate oven.



Interesting Dietetic Experiments

PROFESSOR CHITTENDEN undertook a series of experiments for the purpose of determining the value of a low-protein diet. A company of soldiers from the United States army volunteered for this experiment. For the first two weeks the ordinary army rations were given to them, and then the amount of proteid in the food was gradually reduced until it was less than half that to which they had been accustomed. The experiment lasted about six months. It was found that every one of the men made a great gain in muscular strength, in some cases more than 100 per cent.

To place the matter beyond question, another series of experiments was made. Men in training for athletic events usually think it necessary to eat large quantities of proteid food, and this is why meat has such a prominent place in their diet. A group of students in the university, all athletes and "in the pink of condition," was secured. These men gradually cut down the amount of proteid food in the same way as the soldiers had done. To make sure that they were not losing in strength, dynamometer tests were taken each month. These tests showed, on the contrary, a marked gain in strength, which seemed to increase as the amount of proteid diminished. One of the athletes during these experiments won two championships—the Collegiate and the All-round Inter-Collegiate Championship of America. The Director reported that they had gained not only in strength, but in ability and skill.—"Making the Most of Life," by O'Shea and Kellogg, page 106.



SAUCES AND GRAVIES

SAUCES are appetising, give additional flavour to a meal, and make for variety. They are easily made.

APPLE SAUCE

Peel and core 8 apples, and stew them in a little water till cooked and pinkish in colour. Beat them up smoothly, add sugar to taste, and a little grated nutmeg. If the apples are not tart, add a squeeze of lemon juice. This sauce is to be eaten with stuffed vegetable marrow and some roasts.

BREAD SAUCE

Cut 3 thick slices of bread; put them in a saucepan, and add to them 1 cup of water, and 1 cup of milk. Simmer for a few minutes, then mash up well with a fork; add a sufficient quantity of onion juice to flavour the bread. Salt to taste, and add a small piece of butter.

TOMATO SAUCE

20 pounds tomatoes, 1½ pounds white sugar, ½ pound salt, 1½ ounces whole cloves, 10 lemons (juice), 2 ounces allspice, 8 onions, and 1½ pounds apples.

Cut the tomatoes and the apples up in pieces without peeling. Peel the onions, and cut in blocks, and add the other ingredients. Boil for 2 hours, then rub through a fine strainer. Put on the stove again, and boil up. Put into sterilised bottles, and cork tightly. Cover with sealing wax, and the sauce will keep indefinitely.

IDEAL CHILI SAUCE

1 quart tomato purée, 1 large onion cut fine, 1 cupful celery chopped fine, ½ tablespoon sugar, and 1 teaspoon salt.

Simmer in an uncovered saucepan until quite thick and reduced to half the quantity.

PIQUANT SAUCE

Chop up small 1 onions and 1 stick of celery and fry brown; then put them into 1 saucepan with 1 pint of tomato purée, and a couple of bay leaves. Boil till tender—about 1 hour; add the juice of a lemon, sugar, and salt to taste. Rub all through a fine sieve, and boil up.

BROWN GRAVY

Take 2 tablespoons of white flour and 1 tablespoons of copha. Put them into a frying-pan, and mix well. Brown until a rich chocolate colour, but do not burn; add 2 cups of hot water, and stir till smooth. Then strain, and add 1 cup tomato purée, salt to taste, and 1 teaspoon of marmite.

BROWN ONION GRAVY

Chop up 1 onion very fine, and fry until 1 golden brown. Add to brown gravy, made as above.

OLIVE SAUCE

Mix 1 tablespoon of flour smooth with a little cold water and stir into 1 cupful of hot milk; stir till boiling. Chop up 6 or more ripe olives very fine, and add to the sauce.

EGG SAUCE

Make white sauce as for olive sauce, and add 1 hard-boiled egg chopped small, and salt to taste.

CREAM TOMATO SAUCE

Heat 1 cup of tomato purée, and stir it into 1 cup of white sauce. Add 1 teaspoon of sugar and salt to taste.

MINT SAUCE

Boil together 1 cup of water and 1 cup of sugar for few minutes. Add the juice of 1 or 2 lemons and 1 cup of finely cut mint.

SAUCE FOR VEGETABLE SALMON BALLS

Take 1 cup tomato purée, salt and sugar to taste, the juice of 1 lemon, and 1 tablespoon of olive oil. Boil together.

MACE SAUCE

Make 1 pint of white sauce, and stir into it 1 teaspoon of ground mace that has been mixed in 1 little water. Serve with vegetarian fish.

Pudding Sauces

MILK SAUCE

1 cup hot milk, 1 dessertspoon ~~corn~~ flour mixed with a little cold water, and 1 tablespoon sugar.

Stir all together, and boil up. Flavour as desired—one of the nicest flavours is a peach leaf, boiled in the milk and removed before thickening.

ORANGE FOAMY SAUCE

Beat 2 eggs with their weight in sugar till thick and creamy. Place the basin over a pan of boiling water, and slowly add 1 cup of boiling water. When the ~~sauce~~ is thick and foamy, take it off the fire, and add the juice of an orange.

LEMON SAUCE

Take 1 cup powdered sugar, the yolks of 2 eggs, 1 large tablespoon butter, $\frac{1}{2}$ cup milk. Cream the butter and sugar, add the yolks well beaten, mix with the milk, and cook till thick in a double boiler; add the juice of 1 lemon.

PLAIN PUDDING SAUCE

Mix 1 heaping tablespoon of white flour smooth in a little water, and pour into 1 breakfast cup of boiling water; add sugar to taste and a little piece of butter. Stir till it boils, and flavour with a little grated nutmeg. Nice for boiled puddings.

FRUIT SAUCE

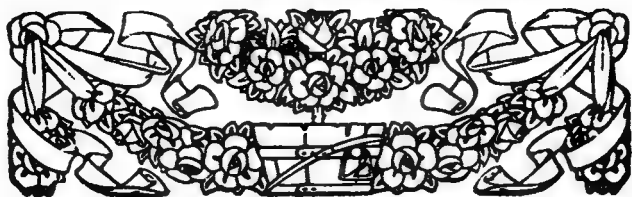
Any red fruit juice thickened with a little arrowroot makes a nice sauce. If fruit is not in season, a little raspberry or other jam may be diluted with hot water, then strained and thickened.

GOLDEN SYRUP

To use as a sauce for boiled wheatmeal and other puddings: take 1 cup of golden syrup, add to it 1 tablespoon of hot water, and stir over the fire for a few minutes.

VANILLA SAUCE

Cream together 3 ~~tablespoons~~ of sugar and 2 ounces of butter till very light and creamy; then add 1 cup of hot water. Cook for a few minutes, then remove from the fire, and flavour with vanilla.



TOASTS

"Eat slowly, and do not season your food with care."

TOASTS, being light, appetising, and nourishing, are especially suitable as breakfast foods. The bread for toasts should be cut from a fresh loaf in any shape desired. Place the slices on a hot oven shelf, and bake till crisp through and of just a golden brown colour. The toasts are nicer if they are used when freshly made.

SNOWFLAKE TOAST

Take 1 pint of milk and thicken with 1 small tablespoon of white flour which has been mixed smooth in a little cold water. Boil together for a few minutes; then add the yolk of an egg well beaten. Do not allow it to boil after the egg is added. Beat up the whites of 2 eggs very stiff, and add to the sauce. Salt to taste. The egg whites are to look like piles of snow. Leave for a few minutes to steam through, then serve on a slice of toast.

PRUNE TOAST

Rub stewed prunes through a sieve, place a spoonful on a slice of toast, and garnish with a spoonful of whipped cream.

FRUIT TOAST

Almost any fruit may be used for toasts. Stew the fruit, sweeten to taste, then rub through a fine sieve; have the sauce thick. Cream is an improvement in all fruit toasts.

BANANA TOAST

Make a milk sauce with 1 cup of milk and 1 dessertspoon of corn flour, and sweeten to taste. Cut 4 bananas in halves lengthwise, and simmer in the sauce till tender. Arrange 2 pieces on each slice of toast, and pour the sauce over.

VEGETABLE TOASTS

These are made with such vegetables as asparagus, celery, onions, etc. Cook the vegetables in the ordinary way until tender, and drain carefully. Cut the celery or the onions into small pieces; arrange on the toast, and pour a nice white sauce over.

LEGUME TOASTS

Purée of any kind of legumes make a nice toast. Moisten the slice of toast and butter it; serve on it a spoonful of the purée nicely seasoned.

TOMATO TOAST

Cut a large ripe tomato in halves. Put a tiny piece of butter on each half, sprinkle with salt, and bake in a quick oven for a few minutes. Serve on a slice of toast.

OLIVE TOAST

Cut ripe olives in halves, and simmer for a few moments in white vegetable sauce. Serve on toast.

RAISIN TOAST

Stew seeded raisins in water till very tender; rub through a sieve, add a little corn flour to thicken, and serve on toast.

EGG TOAST

Cut hard-boiled eggs in halves. Place on a slice of buttered toast yolk side up. Pour over a little white sauce, and sprinkle with finely chopped parsley.



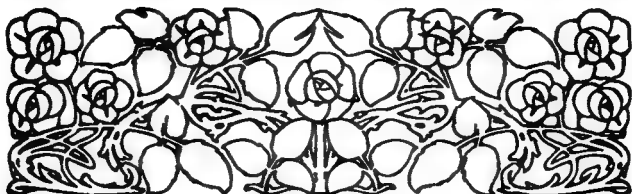
Benefits of Mastication

EXPERIMENTS and investigations made in recent years have thrown great light on the subject of nutrition, especially with regard to the regulation of the diet to produce the highest efficiency.

Some years ago, Mr. Horace Fletcher found that when, with his attention fixed upon the taste of food and the enjoyment of the fine flavours in it, it was masticated until it disappeared of itself, without forced swallowing, his appetite was satisfied with a much smaller quantity than he had formerly been accustomed to eat. This economy in nutrition relieved the body of a great burden, and his health, which had become impaired, began at once to improve.

Experiments were undertaken by Mr. Fletcher in Cambridge University, England, under the supervision of Sir Michael Foster, the eminent physiologist, and at Yale University, under the supervision of Professor Chittenden, also an eminent scientist.

In Sir Michael Foster's report of the experiments he said: "The adoption of the habit of thorough insalivation of the food was found to have an immediate and very striking effect upon appetite, making this more discriminating, and leading to the choice of simple food, and in particular reducing the craving for flesh food. . . . All subjects of the experiments who applied the principles intelligently agreed in finding a very marked reduction in their needs and experienced an increase in their sense of well-being and an increase in their working powers."—"Making the Most of Life," by O'Shea and Kellogg, pages 104, 105.



SALADS

If people knew the value of salads, they would use them far more frequently than they do. They are one of the most healthful and inviting ways of serving food. Inasmuch as raw fruits and vegetables usually enter more or less into the composition of salads, the latter are generally rich in vitamins and easily digested. Salads should be used as frequently as possible in the winter time; and in the summer and autumn, when fruit and vegetables are plentiful, they should be used daily or almost so. What is more inviting on a hot summer's day than a well-made salad? and there is no reason why it should not be well and tastily made. In the making of salads lemon juice should take the place of vinegar—the lemon juice gives a far more delicate flavour, and is beneficial to the body, and not injurious as is vinegar.

NUT MEAT SALAD

1 thick slice nut meat, 2 cold boiled potatoes, 1 stick of celery, 1 small onion, and salt.

Cut the meat and the potatoes into small dice, and finely mince the celery and grate the onion. Mix thoroughly, and serve on lettuce with mayonnaise dressing. Nut cheese and nuttölene may be served in the same way.

TOMATO AND EGG SALAD

Cut off the tops of tomatoes and scoop out a little of the pulp. Sprinkle the tomatoes with salt, mash up the yolks of hard-boiled eggs and half fill the tomato. Serve on lettuce; put up the whites of the eggs, and sprinkle over. Garnish with parsley.

ASPARAGUS SALAD

Cook the asparagus till tender (or use canned asparagus); arrange the stalks nicely on lettuce leaves, and pour a nice

mayonnaise dressing over the tips of the asparagus. Garnish with slices of lemon.

LETTUCE AND OLIVE SALAD

Chop the outer leaves of a lettuce fine, arrange this on a plate. Take the inner curled leaves, and place these upon the chopped leaves. Fill some of the little lettuce leaves with ripe olives. Place a spoonful of mayonnaise in the other leaves. Garnish with lemon points.

TOMATO SALAD

Cut firm ripe tomatoes in thin slices; sprinkle each slice lightly with sugar, then salt to taste. Arrange on a bed of lettuce leaves, and serve with slices of lemon.

BEETROOT SALAD

Cook the beetroot till tender, then peel and cut it in thin slices; sprinkle with sugar, and salt to taste. Squeeze over it the juice of a lemon.

MAYONNAISE DRESSING

Rub to a powder the hard-boiled yolk of 1 egg, and add 1 tablespoon of whipped cream, 1 tablespoon sugar, salt to taste, the juice of 2 lemons, and 1 tablespoon of olive oil.

POTATO SALAD

2 lemons, 8 eggs, 2 ounces flour, 2 ounces butter, 1 dessert-spoon salt, 1 breakfast cup water, cold boiled potatoes cut into little blocks, and a little of grated onion.

Squeeze out the juice of the lemons, beat the eggs, mix the flour and salt with the water till smooth, add butter, juice, and eggs; cook in a double boiler until thick. Pour this sauce over the potatoes, adding a teaspoon of grated onion. Mix well, and serve on a lettuce leaf.

MIXED VEGETABLE SALAD

All the varieties of spring vegetables are suitable for this salad—green onions, radishes, cucumbers, young carrots, celery, tomatoes, etc.

When making this salad it is well to put it into individual salad dishes. Place a crisp lettuce leaf in the bottom of the dish. Grate the carrot, cut the cucumber in thin slices, chop the onion fine. Serve the radishes whole. Use only the young tender sticks of celery, which may be served whole or chopped

fine. Put a little of each vegetable into the dish, arranging tastefully. Cover the top with a layer of sliced tomato, finishing with a light sprinkle of finely cut lettuce and chopped parsley. Serve with lemon and salt as desired.

FRUIT SALAD

Cut up into small dice 1 pineapple and 2 apples; slice 6 ripe bananas and scoop out a passion fruit; then stir all together. Squeeze the juice from 2 oranges and 1 lemon, add sugar to taste, and pour over the salad.

PEACH SALAD

Take some large ripe peaches (either canned or fresh), split granose biscuits in halves, and toast in the oven. Halve the peaches and stand on the granose. Fill the peach cavities with whipped cream, and pour the juice around and over the biscuits if canned fruit is used.

GRATED PINEAPPLE

Cut a pineapple in halves lengthwise; take a spoon and scoop out the fruit by scraping it downwards, when it should be nice and pulpy. Serve in glass dishes. If very sour, sprinkle with sugar, but it is more wholesome without.



Recipes for Diabetics

GLUTEN AND OLIVE OMELETTE

Take 2 tablespoons of No. 8 gluten, 2 tablespoons cold water, and 1 beaten egg. Mix well together, and add 1 ripe olive chopped fine. Oil a frying-pan, pour the mixture in, and cook carefully.

GLUTEN SOUP

Chop 1 onion small, rub 2 teaspoons of nut butter smooth in 1 little water, and add water to make 1 quart. Simmer together for 20 minutes, then strain the onion out. Let the soup come to the boil, and stir in 1 cup of gluten. Salt to taste, and boil for a few minutes.

GLUTEN CUSTARD

Into 1 quart of boiling milk, stir 4 tablespoons of gluten. Cook until it thickens; cool, and add 3 well-beaten eggs and 1 pinch of salt. It may be steamed in cups and in hot water or baked in the oven till set.

GLUTEN PUFFS

Boil together 1 cup of water and 1 ounces of butter; stir in 1 cup of gluten flour. When cool, add 3 eggs and beat well. Bake in oiled patty tins for about 15 minutes.

ALMOND BISCUITS

Take 1 pound almond meal, 1 eggs, and 2 ounces butter. Work together the meal, the butter, and the egg yolks, and the three whites; add lastly the whites of the other two eggs, beaten stiffly. Drop on a buttered sheet, and bake.

EGG BIRDNEST

Beat the white of an egg till frothy, with 1 pinch of salt; add 1 teaspoon of lemon juice, and beat till stiff. Put into a

basin, then slip the whole yolk into the centre. Cover with a lid, stand in a saucepan of boiling water, and steam 10 minutes.

EGG PUFF

Beat the yolk and the white of an egg separately until light, then fold together, add a little salt. Pour into a large cup and stand in a saucepan of boiling water until scalded, stirring constantly. The egg must thicken slightly, but puffs up until the cup is nearly full.

ALMOND MILK

Blanch and chop up small $\frac{1}{2}$ pound almonds; pound in a mortar until fine, then boil in 1 cup of milk for a few minutes. Strain, and drink hot or cold as preferred.

GLUTEN GEMS

Beat together $\frac{1}{2}$ cup of cold water, $\frac{1}{2}$ cup of cream and 1 egg; then add 1 cup of No. 2 gluten and a tablespoon of No. 3 gluten. Turn into gem irons, and bake in a moderate oven $\frac{1}{2}$ hour.

COTTAGE CHEESE

Take 1 quart fresh milk, and pour into it 2 tablespoons of lemon juice. Let it stand until thickened, then heat slowly (but do not boil) until it separates. Then strain through cheese cloth, add a little salt and cream, form into balls, and serve garnished with parsley.

MARMITE FONDU

1 egg, 1 cup milk, and 1 teaspoon of marmite rubbed smooth in the milk.

Beat up together and bake till set.

Many other recipes in this book are also suitable for diabetics.

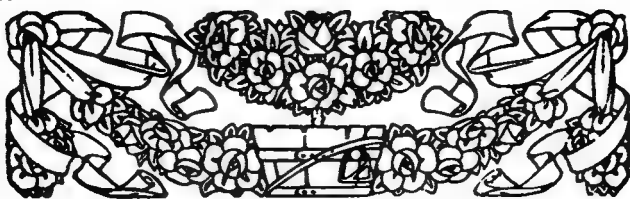


Valuable Health Hints

NATURAL foods are sometimes modified by milling and so on so as to remove some of their valuable elements. In whole wheat, for instance, we find nearly everything that the body needs—a sufficient proportion of proteid, carbohydrates, and the necessary mineral salts. But in the process of milling, in order to obtain fine white flour, the valuable mineral salts are largely lost. It is thought that the early decay of the teeth which is now so common is largely the result of “lime starvation,” due to the diet’s being composed largely of meat and white bread. The English Government has thought this matter of so much importance that a “standard” for bread-making flour has been issued, and the people are being instructed and encouraged to give up the use of white bread entirely and to use only the “standard bread” made from whole wheat flour.

Baking powder, soda, and cream of tartar, which are used in cooking as a quick and convenient way of making light bread, cakes, and such foods, are likely to hinder digestion by stopping the flow of the gastric juice.

Another substance which hinders digestion is vinegar, a single teaspoonful of which is sufficient to prevent the action of the saliva upon an ordinary meal. It has been shown that acetic acid—the acid of vinegar—is as powerful as alcohol in producing injury to the liver and kidneys. Lemon juice is a perfect substitute for vinegar.—“*Making the Most of Life*,” by O’Shea and Kellogg, pages 111, 113.



Canning and Preserving

THE thorough sterilisation of all utensils used, as well as of the fruit itself, and the exclusion of air when the fruit is bottled, constitute the secret of good fruit-preserving. Steel, enamelled, or granite pans are the best to use, as thin preserving pans are so likely to burn when making jams and jellies. Jars need to be tested; there should be no cracks or chips round the edges, the tops should screw on firmly, and the rubber rings should be new. The fruit must be sound, and is best gathered in fine weather; it should never be over-ripe.

For small fruits such as blackberries, raspberries, and strawberries, water is required.

PREPARATION

Place the fruit jars in a copper of water, and bring to the boil. Have the lids and the rubbers in a saucepan of water. Keep all boiling gently, also the jug for filling the bottles. Put the berries in the preserving pan, and bring to the boil; add sugar, 1 cupful to 6 cups of fruit, let boil for about $\frac{1}{2}$ hour. Remove one jar at a time from the boiling water, and stand it in a dish of warm water on the stove; adjust the rubber ring, fill the jar with the fruit (which must be kept boiling) till full to overflowing. Screw on the top, and test to see if there is any leak, by holding the jar over a clean white plate. Then set the jar by in a warm place, as cold air will often crack the bottles. When cold, wash the bottles over, and put them away in a dry dark place.

For cherries, peaches, apricots, etc., make a syrup of sugar and water. The amount of sugar is a matter of individual taste, as the fruit does not depend upon the sugar for keeping and may be preserved without any sugar at all. When the syrup is boiling, add the fruit and cook till just tender; then fill the fruit jars as already directed for berries. Peaches and

apples should be peeled and quartered, and treated in the same way. Quinces just need to be peeled and cut in halves or thick rings; the cores, if sound, should be left in, as they give a nice flavour.

TO PRESERVE FRENCH AND OTHER STRING BEANS

Wash the beans thoroughly, then string them. Put on to cook in boiling salted water; when tender, fill the sterilised bottles and screw up tightly.

GREEN PEAS

Boil the peas in the usual way, but do not cook too soft; bottle as directed above.

Nearly all vegetables may be successfully preserved in the same way, and they will keep indefinitely.

Jellies and Jams

We do not advocate the free use of jellies and jams, as so much sugar is required in their manufacture and this sugar tends to clog the system. Therefore a few recipes only will be given.

The utensils required for jelly-making are:—

Thick preserving pan.

Stainless knives for peeling fruit.

Wooden spoon.

Coarse linen bag.

Cheese-cloth bag.

Enamel jug with a spout.

Glass jars, screw-top bottles, pots, etc.

Use good sound fruit, and never over-ripe. Gather in dry weather, because after much rain the glutinous substance is thinned.

QUINCE AND APPLE JELLY

Wipe the fruit over. It is not necessary to peel it, but cut it up into quarters, and leave the core in. Put the fruit into the preserving pan, and to each pound of fruit add about 1 quart of water. Let it boil for about 1½ hours to 2 hours. Then pour it into the coarse bag and let it drip overnight. Do not squeeze the bag for jelly, the pulp may be squeezed through

the bag or rubbed through a sieve and made into jam. Heat up and strain through the fine or cheese-cloth bag. Measure the juice; allow 1 pound of sugar to each pint of juice. Place the juice in a pan on the fire uncovered, and boil steadily for 20 minutes or a little longer. Then add the sugar, which should have been previously heated in the oven. Let all come to the boil: do not stir after this; boil for 15 to 20 minutes, then test in the usual way to see if it will jell. Pour the jelly into the jug, and fill the jars up (both the jug and the glasses or jars should be thoroughly sterilised and kept hot while using). When cold, cover with tissue paper which has been brushed over with the white of an egg. If the directions are carefully followed and the fruit is in the right condition, the result should be clear sparkling jelly. Keep in a dry place.

The small fruits such as red currants, blackberries, and black currants require no water. Mash the fruit up well in the pan, boil up, and proceed as for quince jelly, only less boiling is needed.

PEACH CONSERVE

Peel the peaches with a stainless knife, and remove the stones. Crack some of the stones and blanch the kernels, and add them to the fruit, as they give flavour. Use 1 pound of white sugar to each 1 pound of fruit. Wet the bottom of the preserving pan with water, turn in the fruit, and sprinkle the sugar over; let it come to the boil very slowly. Do not break up the fruit. When the peaches are cooked, put them carefully into the jars. Boil up the syrup till thick, pour over the fruit, and cover in the usual way.

APRICOT JAM

Cut the apricots in halves and remove the stones. Put into the preserving pan, and to each 1 pound of fruit add $\frac{1}{2}$ pound of sugar and 1 tablespoon of water. Leave overnight, then boil carefully, keeping the fruit as whole as possible; add some blanched kernels. When clear and the syrup is thickened, put into glass jars and cover.

RHUBARB JAM

Cut the rhubarb into 1-inch lengths; allow $\frac{1}{2}$ pound of sugar to each 1 pound of fruit. Heat slowly until boiling; cook for 1 hour.

ORANGE MARMALADE

18 Seville oranges, 4 lemons, 12 pounds sugar, and 12 pints water.

Cut down the fruit, both peel and pulp, into thin slices, and boil with the water for 2 hours. Then add the sugar, and when it comes to the boil cook for 1 hour. Test whether it will jell, in the usual way, before taking it up.

PRESERVED QUINCES

Pare and quarter the fruit, and boil in just enough water to keep the fruit whole. When tender, take the quinces out and weigh them. To each 1 pound of fruit add 1 pound of sugar, and let them stand till next day, when the syrup should be light and clear. Boil about 100 minutes. Save the parings and cores, also the water they were cooked in, and make jelly with them.

LEMON HONEY

1 cup white sugar, 4 egg yolks, 1 tablespoon butter, grated rind and juice of 1 lemon, and 1 egg white.

Put the juice, sugar, and butter into a double boiler. When the mixture is melted, add the beaten egg and lemon rind. Stir well, and cook till thick and clear like honey.

GOOSEBERRY JAM

Have sound green gooseberries: prepare them by cutting off the stalk and bud ends. Place the fruit into the preserving pan, and to each 1 pound of gooseberries allow 1 pint of water. Simmer slowly until the fruit is cracking, then add 2 pounds of sugar, and boil about 1 hour. This will make a delicious jam, with a nice jelly all through it.



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